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Better Homes and Gardens®

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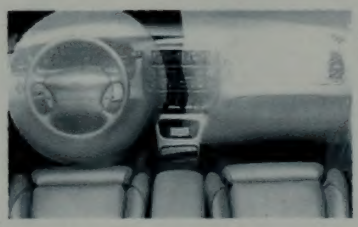
What's HOT
r '96

plants for your
n, new style trend
your home

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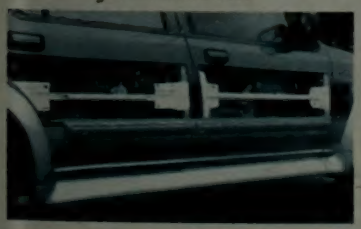
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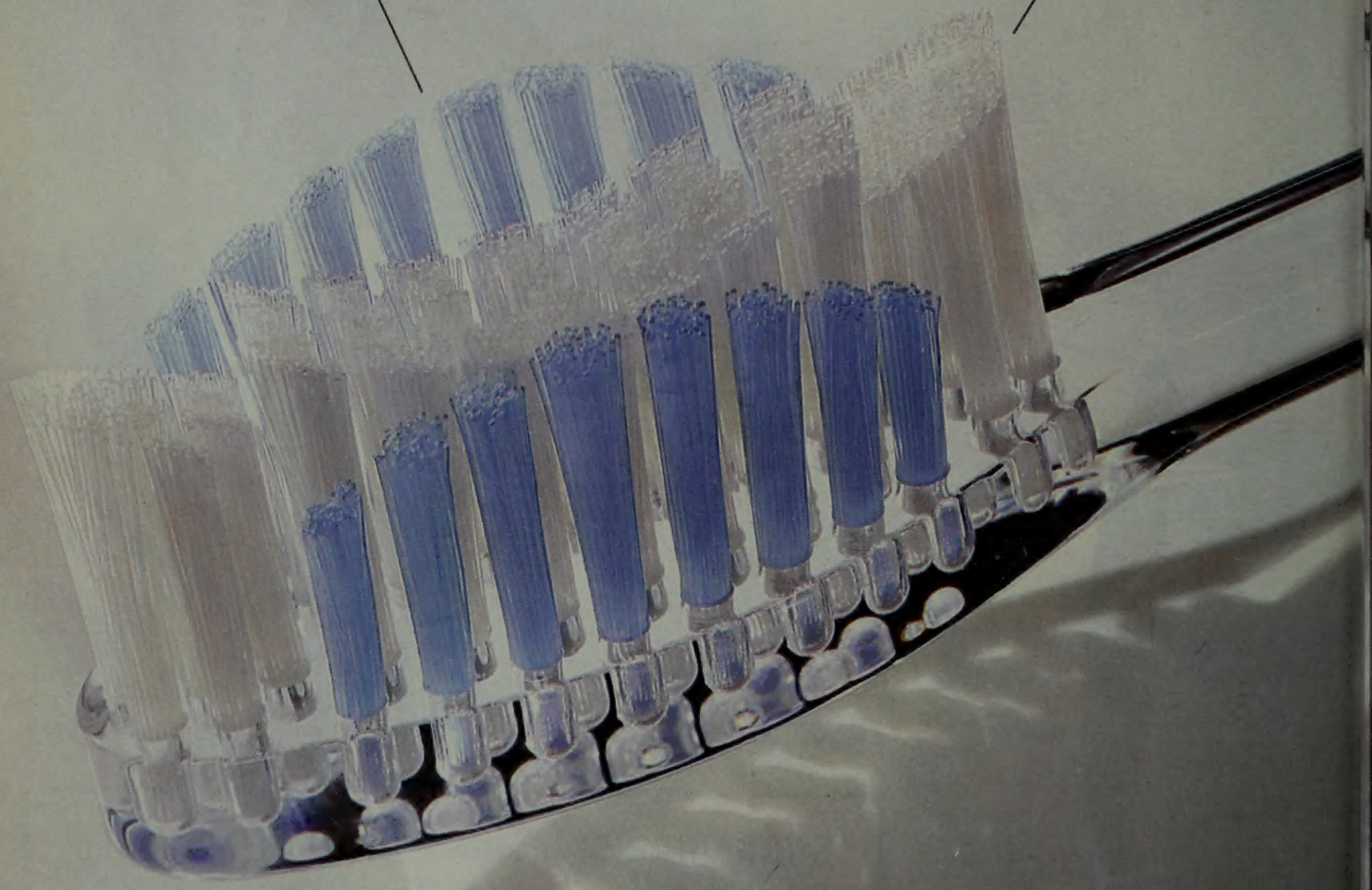
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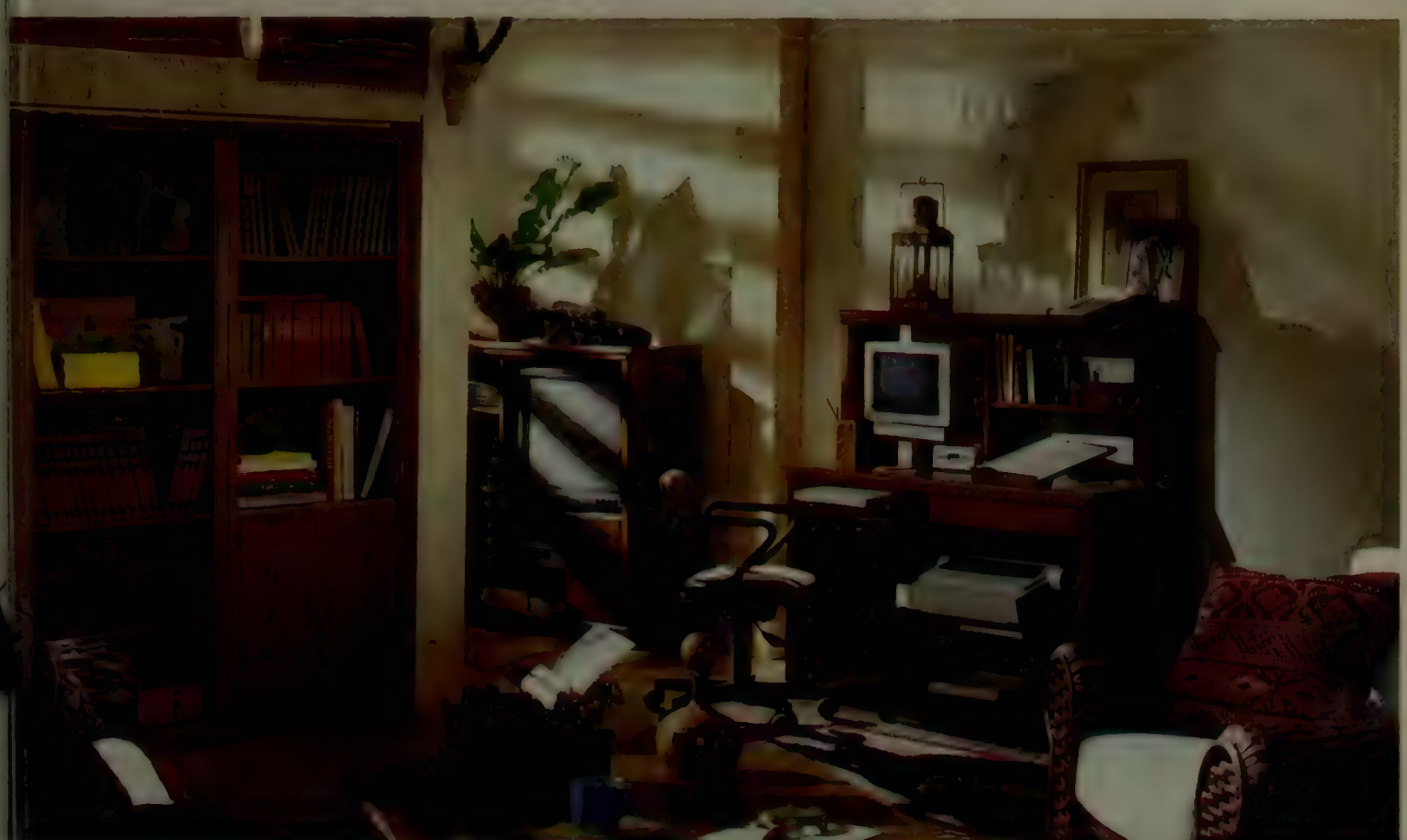
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CONTENTS

January 1996

VOLUME 74 NUMBER 1



19
Trends '96
Here's our pick of the hottest furnishings and building products for your home

FRIENDS AND FAMILY

Editor's Letter 13
Family Network® *Readers' solutions to family problems* 16
BH&G Kids™ *Tear and wear jewelry you can make* 126
The Man Next Door® *Writes about family, friends, and neighbors* 134

DESIGN

Decorating Trends *Find out what the best-dressed rooms will be wearing.* 19
A Little Romance *Warmhearted ideas for small spaces* 77
The Last Minute Holiday *Decorating ideas in a twinkling* 92

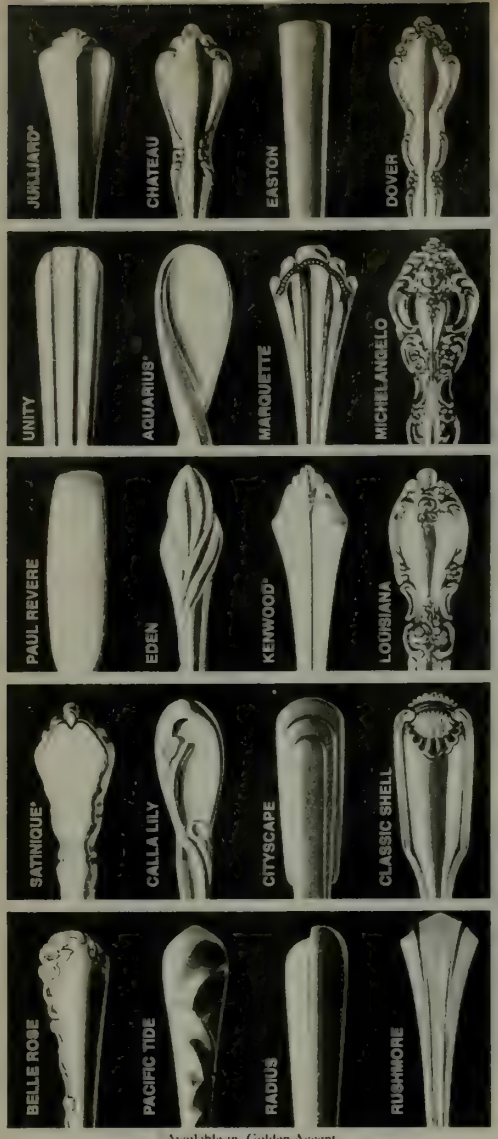
GARDENING

Our Picks 1996 *Proven plants to brighten your garden* 67

continued on page 10

Cover Photograph: Scott Little

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continued from page 9



108
Celestial Cookies
New shapes, flavors, and decorating ideas for the New Year

BUILDING

Building Trends *Get the latest scoop before you build or remodel*.....32
Tips, Tools, & Techniques.....58

FAMILY MATTERS

Education *Get involved and your kids will get ahead*.....42
Our Environment *Old soda pop bottles become new fabrics*.....56

HEALTH

Something to Chew On *Open wide for the latest in dentistry*....53
Health Update *News that works for you*.....62

FOOD

Food Trends *What we'll be eating—and why*.....38
Slices of Pleasure *Desserts of sheer delight*.....102
Celestial Cookies *Glory be to heavenly flavors*.....108
Win Money and Prizes for Your Recipes.....119
Prize Tested Recipes®
Winter Fresh Desserts, Healthful Pasta.....123

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers*...86
Directory of Architects and Designers.....86
Reader Shopping *Celestial Cookie Stamps and Cutters Set*.....116
Our Picks Seeds, Roses, Daylilies, Perennials, and Trees.....120
Incredibly Awesome Crafts for Kids Book.....129
The Shopper's Mart.....130

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TWO-STEPS & TOP-LIKE-CRAZY DIP

1 lb. ground beef
1 (1 1/4-oz.) envelope Old El Paso® Taco Seasoning Mix
3/4 cup water
2 (16-oz.) cans Old El Paso® Fat Free Refried Beans
1 1/2 cups shredded lettuce
6 oz. (1 1/2 cups) shredded cheese
1 (16-oz.) jar Old El Paso® Thick 'N Chunky Salsa
Old El Paso® Pickled Jalapeño Slices, sour cream, ripe olive slices

1. Make Filling: In large skillet, brown ground beef; drain. Stir in taco seasoning and water. Cook and stir over medium heat 10–15 minutes.
2. Layer & Top-like-Crazy: Spread beans on bottom of an extra-large platter. Arrange layers of seasoned beef, lettuce, cheese and salsa over beans. Top with jalapeños, sour cream and olives as desired. Serve with tortilla chips. Feeds 12 snackers.

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between friends



Turning that last calendar page makes most of us feel a need to reinvent ourselves. I used to attempt the remake by compiling a catalog of "dos" and "don'ts" that would have made Moses' tablets of stone look like a kindergarten primer. But no matter how enthusiastically I launched a new year of self-improvements, by March I was back to the old me.

So this year I'm doing things differently. No killer list! I intend to enjoy the whole holiday season until there's not one more candle to light or bell to ring. (And if you feel the same way, you'll find last-minute holiday tips on *page 92* and party cookies on *page 108*.)

Then, I'll face my sole resolution—to absorb as many new things as I can cram into the 366 days ahead. I'm going to read new authors and learn new music. I'm going to grow a new-to-me perennial and master the latest dance craze (if there is one). And I want to know about new trends in everything from auto design to teenage jargon.

Trends are important at *Better Homes and Gardens®*. Our editors, better than anyone else, know what's going on in their subject areas because they're where the action is as new products, techniques, and ideas develop. In this issue they give you a sneak preview of what's newest in food, home building, and decorating (see *page 19*).

From here, it looks as if 1996 is going to be a blue-ribbon year, with lively styles and great new ideas. And for me, only one easy resolution that I should be able to keep past March!

Jean LemMon

Jean LemMon, *Editor in Chief*

Heavy Isn't Healthy.



Excess weight can be associated with certain health conditions.

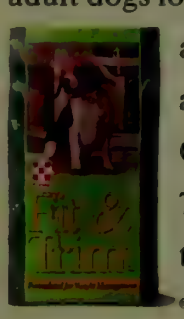
In fact, there's more than a fat chance your dog is overweight and you don't even know it. Nearly 60% of adult dogs are past their ideal weight or are likely to get that way due to age or activity level.

Is your dog overweight? *Place your thumbs on his backbone and spread your hands across his rib cage. If you can't easily feel his ribs, your dog may need to lose a few pounds.*



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Jumbles

A cookie chock-full of "M&M's" Baking Bits, raisins and nuts with just enough dough to hold it all together.

- 1/2 cup (1 stick) butter or margarine (not spread)
- 1/2 cup granulated sugar
- 1/4 cup firmly packed light brown sugar
- 1 large egg
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 12 ounce package (1 3/4 cups) "M&M's"® Semi-Sweet or Milk Chocolate Baking Bits
- 1 cup raisins
- 1 cup chopped walnuts

Preheat oven to 350°F. In a bowl beat butter and sugars until light and fluffy; add egg. Combine flour and baking soda; blend into creamed mixture. Stir in "M&M's"® Chocolate Baking Bits, raisins and nuts. Drop rounded tablespoonfuls of dough (1 1/2 inch balls) about 2 inches apart onto greased cookie sheets. Bake 13 to 15 minutes. Cool 2 to 3 minutes on cookie sheets before transferring to wire racks to cool thoroughly. Store in tightly covered container. MAKES ABOUT 32 COOKIES.

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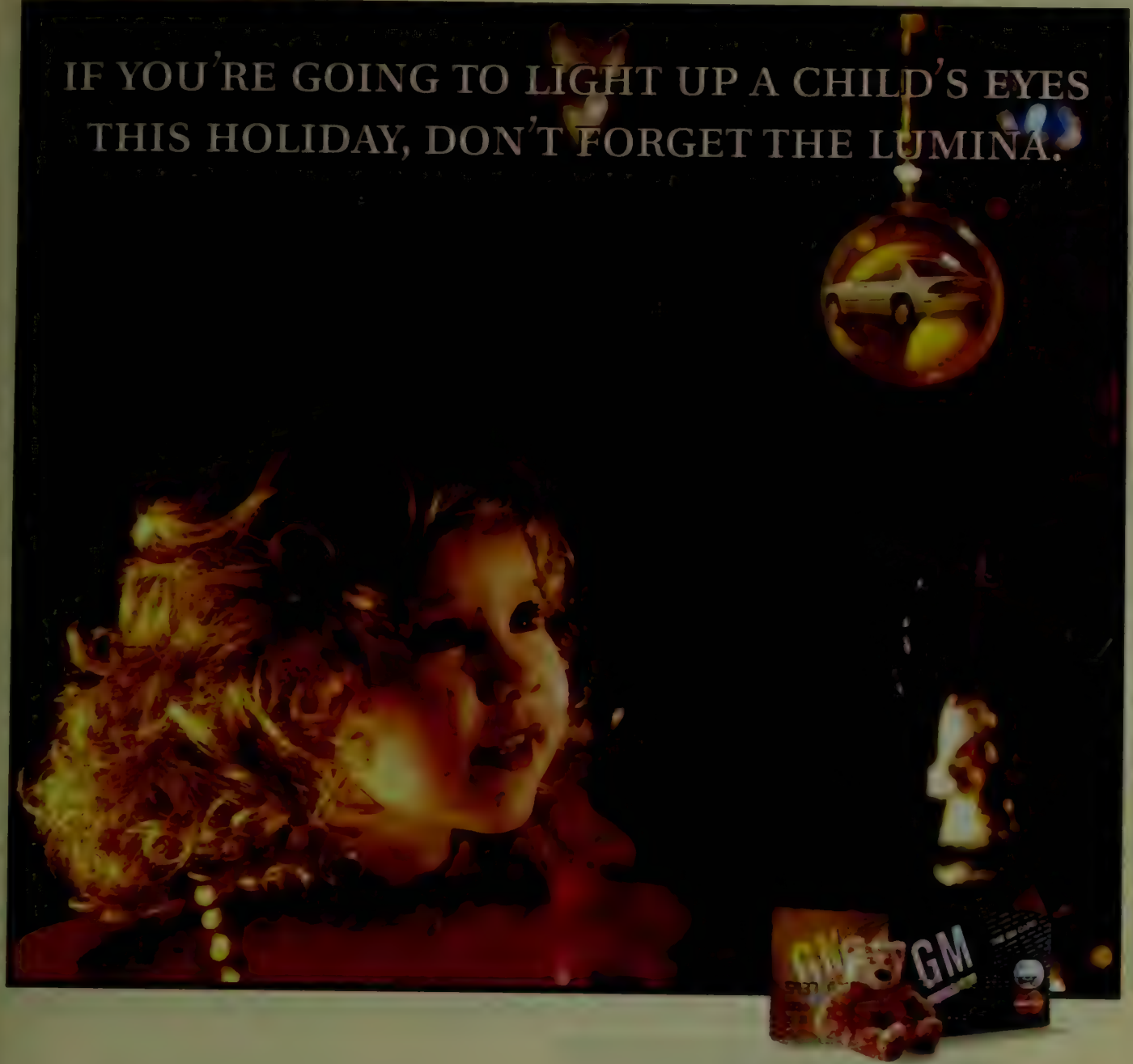
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NEW YEAR TRADITION

We started a New Year's Eve tradition when our children were young. After attending early Mass, we invited an older adult—who would have been alone otherwise—to our home for supper and games. The children played until the New Year came in, and the guest always seemed to have a great time.

Eleanor Holt
Baltimore, Md.

LUNCH BOX PHANTOM

We moved when my son was in fourth grade, and he was slow making new friends. Since he wasn't part of any particular lunch group, one day I tried to make him feel better by putting a silly note in his lunch box; I signed it Phantom of the Lunch Box. He liked it so much that I continued it throughout the year with ongoing adventures of the Phantom.

Pat Hackney
Nicholasville, Ky.

GRANDMA'S ACTIVITY BOOK

When my son was born I decided to write down recipes for homemade clay, paint, paste, and other items I'd used while teaching kindergarten. Now I also clip ideas from the BH&G Kids column and tape them in the notebook. When Gabriel goes to Grandma's, he takes the notebook along so Grandma doesn't have to rack her brain for activities.

Toni Jones Mason
Groton, Conn.

BIBS IN DISGUISE

My toddler is generally messy. The only way to keep his clothes clean is to keep a bib on him all day. However, bibs are uncomfortable and seem inappropriate in public. We now have a selection of bandannas for him to wear. He looks darling, and my laundry is easier to do.

Joann Wolfe
Reston, Va.

STAYING CLOSE TO DAD

My father has always played an active role in my life, but when I went away to college that became more difficult. Now when I come home for visits, I ask my dad to help me with some kind of project. We spend time together, he feels like he's a part of my life, and I learn how to fix things.

Megan Lane
Athens, Ohio

MAIL FOR LEARNING

Learning new words was a dreaded experience for my young son. I devised a plan to mail him a letter each month containing new words for his vocabulary. Now he anxiously awaits his special letter and willingly studies his words.

Deborah Murphy
Monroeville, Pa.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each idea published, if you provide your Social Security number.



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'96 trends

interior design

building food

As Better Homes and Gardens editors, we make it our business to be where the action is—to be where trends are made. In this special New Year's section, we present you with the best and the brightest of what's on the horizon of American style.

'96 trends

Although earth tones and natural materials are again the rage, green appliances and macramé plant hangers are out of the question. Why? This time around, the trend is about simplicity and earthiness, but with all new *style*.

new woods

The word in wood is unadorned, unpolished, and—green! The "willow" finish on Broyhill's Shaker-style slat bed and lingerie chest is now the top seller. Clean lines make the pieces mixable or artful enough go it alone.

a-h-h-h *Furniture designed for comfort abounds, especially big ottomans, or sleek chaises like this one from Stanley. Fabrics lend a soft "hand" in chenille, velvet, and other tactile textures.*

greengreengreen!



naturals then & now

1970s	1990s
Open-weave, pinch-pleat drapes	*Breezy cotton tab curtains*
Wild, woolly shag carpet	*Trim, level-loop sisal carpet*
Avocado green	*Sage green*
Dark, grainy paneling	*Porchy painted wainscoting*
Macramé plant hangers	*"Weathered" terra-cotta pots*
Naugahyde vinyl	*Real leather*

color trends

The earth's colors are the hottest hues going. Dip your brush into nature's paint box and find the rich russet of paprika, the blue sky of a robin's egg, and the translucent green of sage. In 1996, watch for yellow's warm influence as greens, browns, and reds color our rooms. Soft blues, purples, and metal grays offer a cool balance. Why so ecological? We want our homes to be peaceful and familiar.

eating right Folks these days are finding that they use their formal dining rooms much more often if the rooms aren't so, well, formal. This one takes its friendly attitude from the front porch, with summer cottons, wrinkly Palecek wicker, and a simple grace that all but insists that guests relax and stay awhile. If you're not ready to forego formality, consider easing it with lightly hued fabrics, simplified backdrops, earthy textures, and a centerpiece that comes straight from the roadside or garden, without stopping at the local florist.

Buying information, page 86

'96 trends



bright as a country sunrise, farm images and country motifs are everywhere, recharged with vivid new hues. A fun contrast to the neutral naturals, this trend brings a smile to both kids and adults.

plucky style *Cock-a-doodle-"do" something about a dull kitchen. Fun borders such as this from Laura Ashley let you enjoy cheery farmhouse style for the price of chicken feed.*

hot seats *Blue, yellow, and red give new life to the classics. Wake up an existing dining set with one bright chair, or group Ethan Allen's entire Windsor family around the table.*



ee-i-ee-i-Oh!





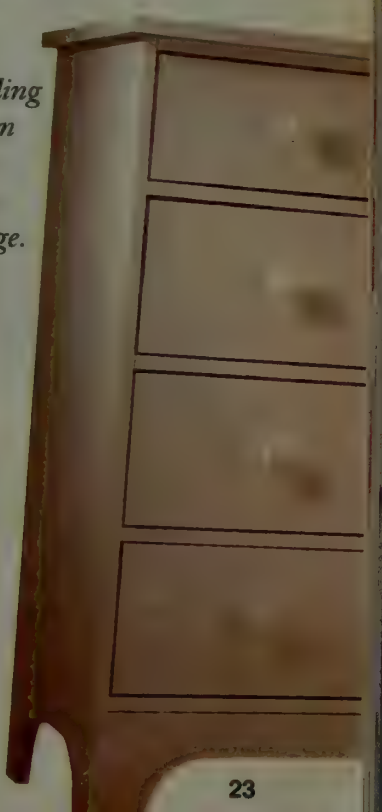
barn again *Look for barnlike details, such as crossbuck doors and rustic hammered hinges, and barn images on everything from posters and fabrics to lamps. On this piece by Elden, handsomely hinged doors open to reveal a mirror.*





tea cozy *Despite its time-honored shape, this teapot refuses to take itself seriously, donning playful colors and countrified motifs.*

just do it *As fresh as a newly painted fence, this chest readies a Shaker-style classic for the millennium. How so? This beauty from Sauder comes boxed and ready to assemble, thus blending good design and great value into one package.*

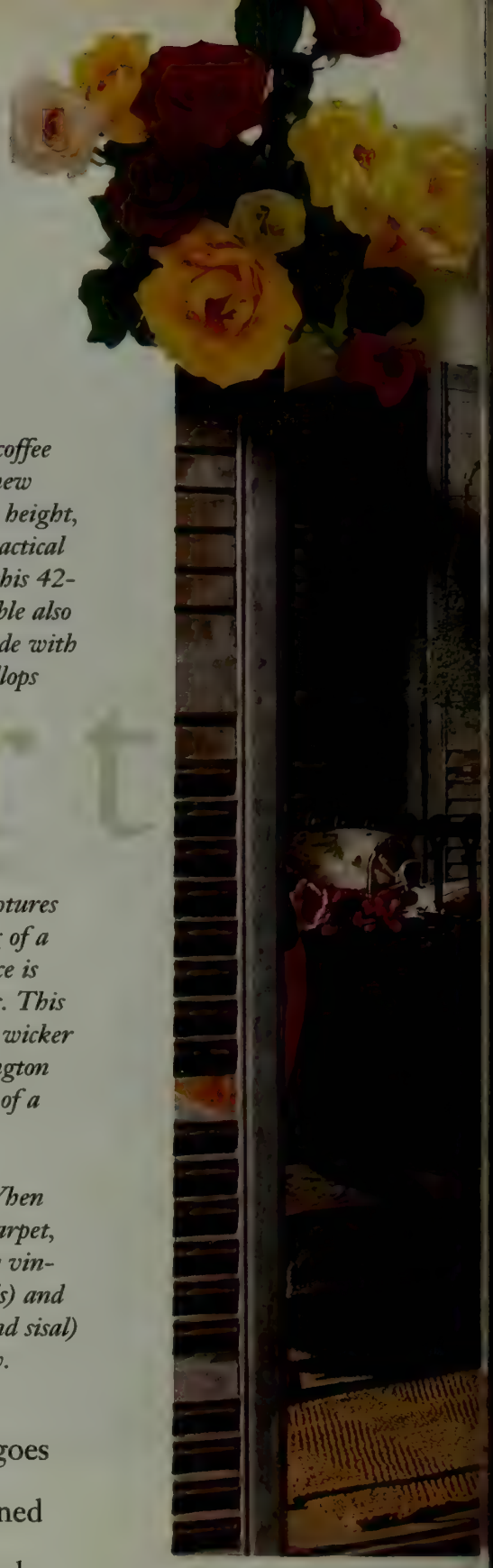


wake-up call As crisp and comforting as your favorite morning cereal, this scheme draws on rural images for style that's great for kids, but also for adults who have a yen for the simpler life. To create today's fresh country look, start with simple ingredients, such as Ridgewood's friendly picket fence bed (sold in a whitewash finish as a single or as bunk beds) and a porchy Palecek rocker. Wheaty sisal, cottage-white wainscoting, a touch of lace, and a few charming prints keep things light.

Buying information, page 86

'96 trends





high tea *The coffee table is rising to new heights—tea table height, that is. A more practical level for serving, this 42-inch high Lane table also has its romantic side with playful Gothic scallops and white paint.*

comfort

console me
Furniture that captures the dreamy feeling of a special time or place is stealing our hearts. This cottagey wood and wicker console from Lexington evokes the fantasy of a seaside cottage.

footnotes *When it comes down to carpet, patterns (especially vintage-looking florals) and textures (berber and sisal) steal the floor show.*



Home is *still* where the heart is. Today the beat goes on stronger than ever with familiar, old-fashioned furnishings that go beyond pampering to become truly soul-soothing—big beds, lush linens, emotion-stirring fragrance, and soft pretty carpet. After all, there's no place like it.



isn't it romantic?

sensual



good scents

"Aromatherapy" is the buzzword for a nose-tickling trend: rooms that aren't just to be looked at, but experienced. Create "scents-around" with home fragrance, then go steps further with environmental music.

sitting pretty

Wicker, that porch icon, is now a permanent fixture inside. Dressed in vintage fabric, this full-figured chair from Venture lives as big as upholstered pieces; its woody finish lends contrast to them.



rest easy It's not your imagination; beds *are* getting bigger—and better dressed. Sized up for the large master suites on today's floor plans, big beauties such as this one from Lineage add architectural character. Or, use them to lend grandeur to a small room that's pared of extra furniture. Dress any bed for suite success with luscious new high-count cotton or silk sheets in rich patterns and hues. The final indulgence? A throw or, in the latest lingo, "a bed sweater" tossed on for coziness. *Buying information, page 86*





dish it up

More people are paring down to one set of china, such as Christian Dior's folkish design, which can be dressed up or down for any occasion.

'96 trends

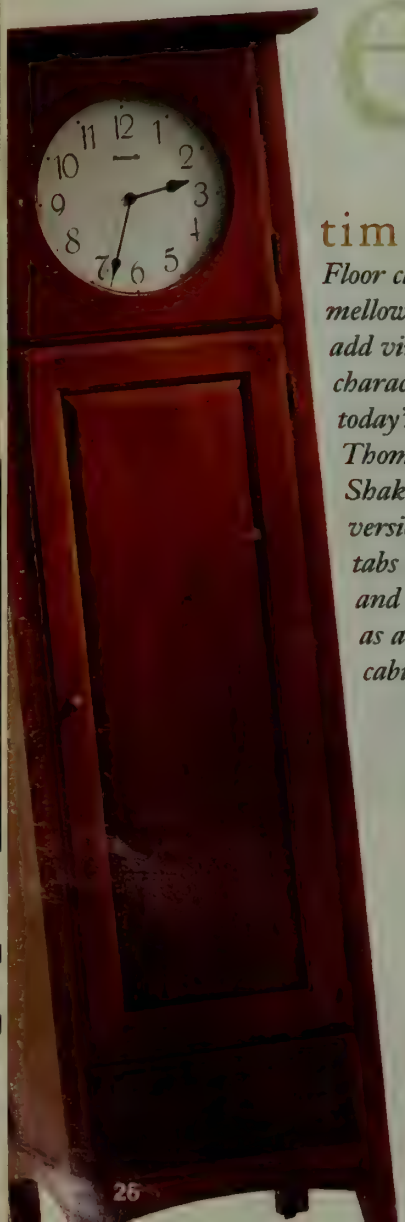
furnishings today can't just stand there; they have to do something. We're simplifying our homes, keeping only those things that comfort and serve us. Yes, decorating has gone on a diet, but that doesn't mean a return to a chilly, minimalistic look. In fresher, uncluttered settings, reassuringly familiar elements and sumptuous materials hint at the past while answering very modern needs.

soup's up

Alas, for most of us, butlers have gone the way of the dinosaur. But don't despair. Thomasville's coffee table blends classic styling with an obliging, lift-up top that puts snacks (or after-hours office work) within easy reach.

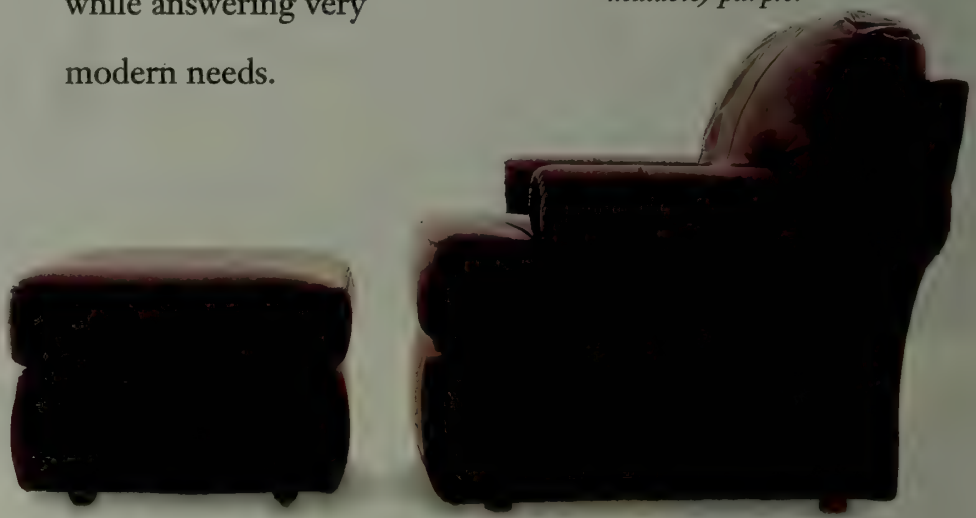
feet up

Suggesting the comfort of yesterday's den, La-Z-Boy's clubbish leather lounge chair and ottoman wear one of the year's hottest colors—serene (and surprisingly mixable) purple.



time's up

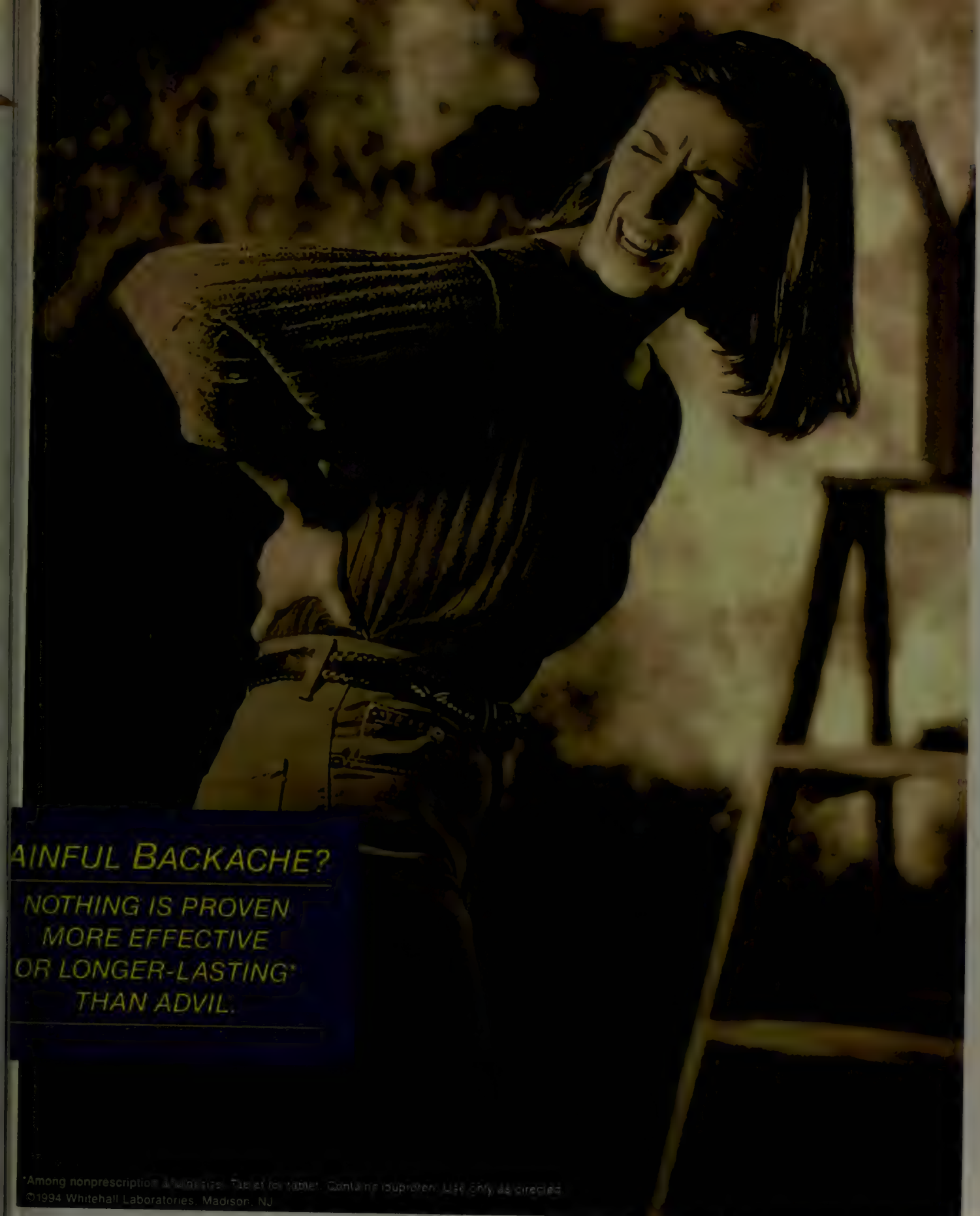
Floor clocks in mellow finishes add vintage character to today's homes. Thomasville's Shaker-style version keeps tabs on time and doubles as a storage cabinet.



Buying information, page 86

at your service

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vil relieves backache pain fast and keeps it away hour after hour. st one Advil is as effective as two regular aspirin or two regular ength Tylenol®, yet Advil is gentler to your stomach than aspirin, ich may be why doctors recommend Advil for relief of backaches re than any other nonprescription brand. In fact, nothing is ven more effective or longer-lasting than Advil. Nothing.

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Shines with Pixie Dust!

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k how many dreams have come true at eyland since its opening forty years ago. Maybe were one of the lucky ones who got to visit the ing Beauty Castle and meet the two most loved in the world. A trip to Disneyland remains a trip chantment for all ages.

w the sparkling joy of America's most beloved e park has been captured on a fine porcelain ctor's plate from the Bradford Exchange. In this l 40th Anniversary issue, Tinker Bell welcomes you trail of glittery Pixie Dust!

e "Sleeping Beauty Castle" plate, 8½ inches in eter and surrounded with 22-karat gold, is ed by the Bradford Exchange 365-day money- guarantee. Best of all, this hand-numbered ure can be yours for just $29.95. It is d in a limited edition, so please order today. Send no money now. Just the coupon and soon this sparkling mbrance of Disneyland will be yours.

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'96 trends



big news is breaking on the home front! Exciting trends and products for builders and remodelers are setting new standards of quality and style, and recapturing the warmth and character of the homes we grew up in. Here's a sampling of what's generating all the stir.

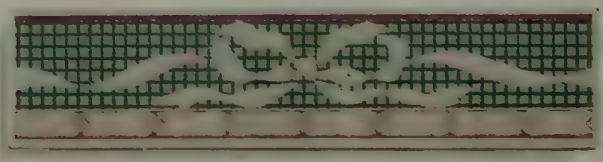
style

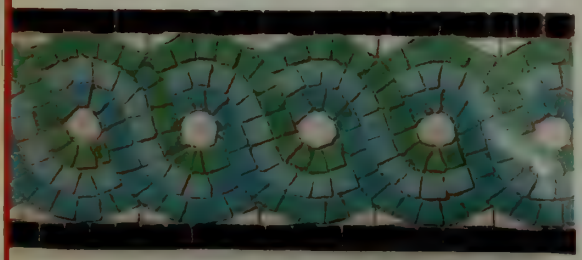




Art glass option *Art glass inserts are now available from Andersen. You pick the patterns from a catalog when you buy the windows.*

Trendy tiles *Who says tile has to be a lesson in plain geometry? Imports fresh off the boat from Italy feature the hues and patterns of fine fabrics and wall coverings, plus sculpturings and glazings that resemble those on art pottery. Motifs include florals, stripes, garlands, and fish.*







Lever latches *An old idea makes a big comeback. Levers are not only easier to use than knobs, they're also great to look at. Schlage's "Mediterranean Collection" adds vintage grace and elegance even in a brand-new house.*



flair



front porches

They're back by popular demand, and it's easy to see why. Nothing says welcome so simply yet graciously, and they're a great way to commune with nature and the neighborhood.



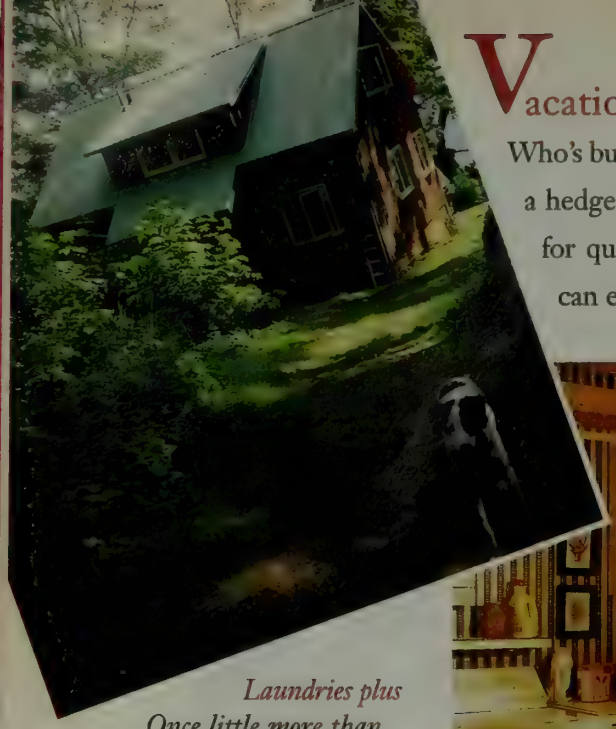
Shingle style *Get ready for a major reprise of this vintage architectural style (above). Highly popular 80 years ago, its steeply pitched roofs, shingle siding, arched openings, and rustic stone chimneys make it a natural alternative for those who love living close to nature. An offshoot of the Arts and Crafts movement, shingle style is building a broad following among homeowners who look for quality in craftsmanlike detailing, rich wood tones, and quiet patina.*

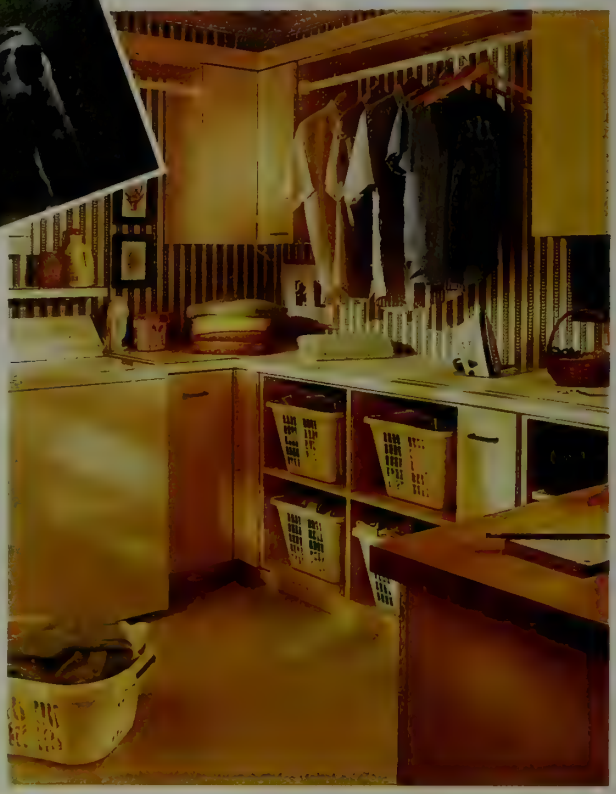


Farmhouse style *Country is bigger than ever in '96, and so are country-style homes (above right). What gives a house that bona fide down-on-the-farm flavor? Simple, sturdy two-story framing with a front gable, a wide front porch, and narrow clapboard siding.*

'96 trends

Vacation homes are hot properties. Who's buying? Dual-income couples seeking a hedge against inflation, families yearning for quality time, and wired workers who can earn their living long distance.





Laundries plus *Once little more than airless, windowless, back-hall cubbies, laundries are now becoming bright, airy, multipurpose work spaces. Extra functions and thoughtful design make the extra space earn its keep: hobby center, potting shed, pet kennel, gift-wrapping station, sewing room, home office—or all of the above!*

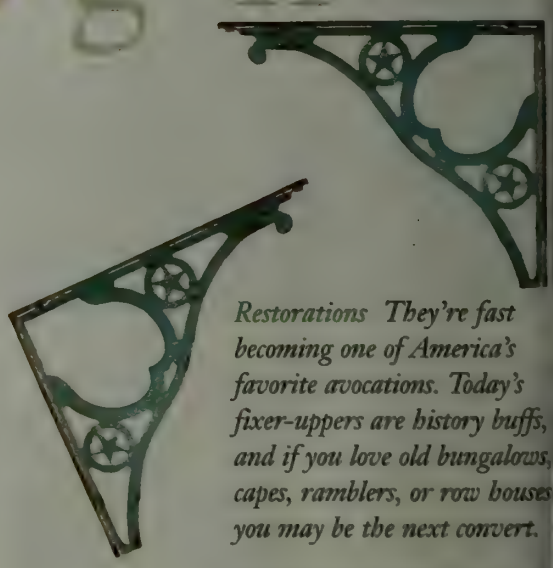


Transoms *Tall ceilings are back and so are tall windows. What's the simplest, least expensive way to go high-rise? Team up standard-unit transoms and standard-unit windows, such as this lofty pairing from Pella's "ProLine" series.*

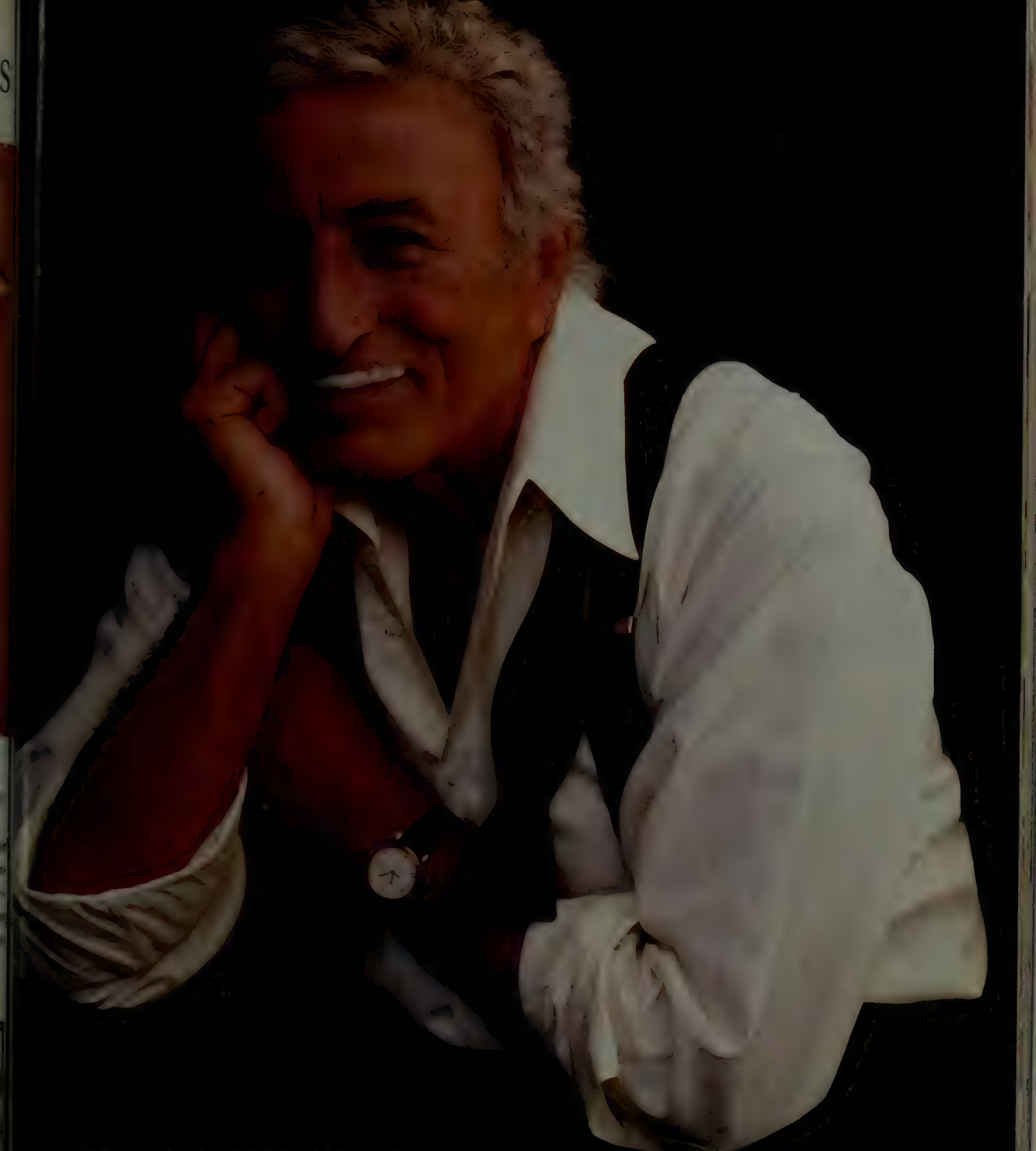
d e s i g n



Vintage faucets *Period-style plumbing remains the favorite of today's home buyers. Coming your way: more elegant styles, such as this cross-handle design from Delta's "Award Collection."*



Restorations *They're fast becoming one of America's favorite avocations. Today's fixer-uppers are history buffs, and if you love old bungalows, capes, ramblers, or row houses you may be the next convert.*



Talk about being hot. People just can't seem to get enough. Of milk, that is – skim and 1%. According to the American Heart Association, skim and 1% milk are a great way to reduce fat in your diet. Not to mention, they're especially popular with younger women. Notice any similarities?

MILK

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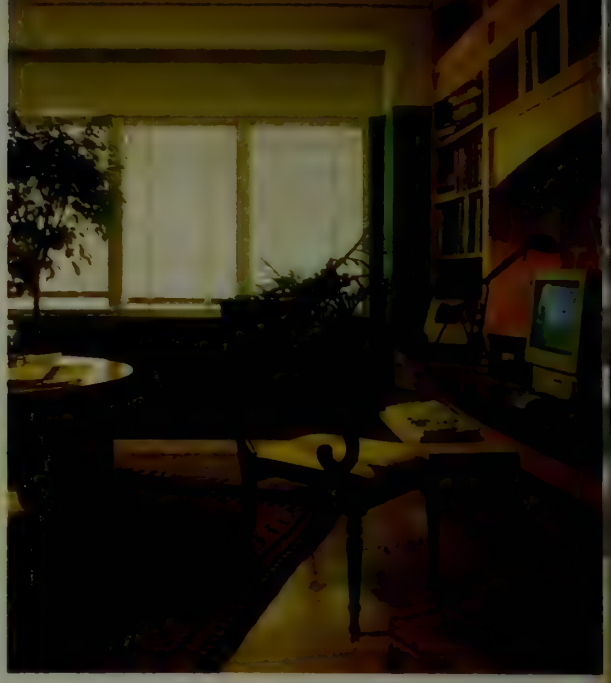


For a quick dinner, try our slow roasted turkey.

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Low-voltage fixtures *Low-V technology is rewriting the book on lighting design. The "Vodka" pendant by George Kovacs is just one of the many new shapes available.*



'96 trends

home offices One of every four workers in America now works at least part-time at home. Cutting-edge technology is giving them the edge: budget-priced personal computers, fax machines, and printers; programmable phone lines; fiber-optic video conferencing; and on-line data services.

DIY hardwood flooring *Laying your own wood floor just got a whole lot easier. Bruce Hardwood Floors' "Natural Reflections" strips are easy to handle and milled to interlock quickly. They come with an air stapler that's designed to ensure proper staple placement.*



color



Color forecast *Bright and sunn Say goodbye to muddy grays an muted mauves and wake up yo walls with bold strokes of clean, clear color.*

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'96 trends

food

Remember just yesterday when croissant sandwiches and Cajun seasoning were all the rage? Today they're as stale as yesterday's baguette. What goes into our market baskets is influenced by changing lifestyles, time crunches, new health information, and expanding horizons. Here's what we foresee for 1996.

MOROCCO'S HOT

And we don't mean the desert. As we learn the benefits of eating the Mediterranean way, Moroccan food is a natural, offering tasty, healthful meals such as simmering tagines (a fancy name for stews) served on fluffy beds of couscous with intriguing condiments.





GRAIN EXPLOSION

Move over, rice pilaf; these days you've got company. Couscous (tiny flakes of semolina, made from wheat), bulgur, quinoa (a rice-shaped grain), barley, buckwheat, and cornmeal-based polenta are creeping from other cultures into the center of our plates. They're feeding our quest for meals alive with new flavors, and they boast the boons of texture, fiber, ease of preparation, and economy.

cures from the kitchen

Rx: Farm-aceuticals. Foods as preventive medicine are becoming our over-the-counter "drugs" of choice. Broccoli and its cruciferous cousins are thought to reduce the risk of cancer. Orange juice may forestall colds, garlic and hot chili peppers fight diseases, herbal teas help banish stress, olive oil works to guard our arteries—and chocolate makes it all worthwhile.

new sensations


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troducing Sweet Rewards Snack Bars.
her-than-rich brownies that are fabulously FAT FREE.
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Now in strawberry and blueberry, too.

'96 trends

COULD YOU HEAT UP THE SALAD, PLEASE?

Restaurant chefs were first to light our fires by posing warm grilled ingredients on chilled greens, beans, or noodles. Consider today's Caesar, dressed up with grilled chicken or shrimp. Grilled vegetables and goat cheese have also jumped aboard the salad plate. Home cooks are adopting this yin and yang of hot and cold, too.



The Better Homes Kitchen

Cybercooks can go on-line with their computers to share tips and recipes with fellow food lovers. Call up the Better Homes Kitchen™ on CompuServe, and find prizewinning recipes and Test Kitchen-approved menus and recipes. You'll also be able to talk to our Test Kitchen experts, retrieve nutrition information, find out what's new and hot 'n' spicy, and discover nifty ways to cook with kids. All you need is a modem for your computer and a stove.



WHAT'S HOT, WHAT'S NOT?

Peppers are fueling our fare in a vast array of fresh, dried, and powdered pods of power or in potent bottled condiments. As our romance with Southwestern, Caribbean, and Asian cooking flames into a full-blown passion, hot peppers are invading everything from pasta noodles to the cheese atop them–even adding a kick to chocolate cake.



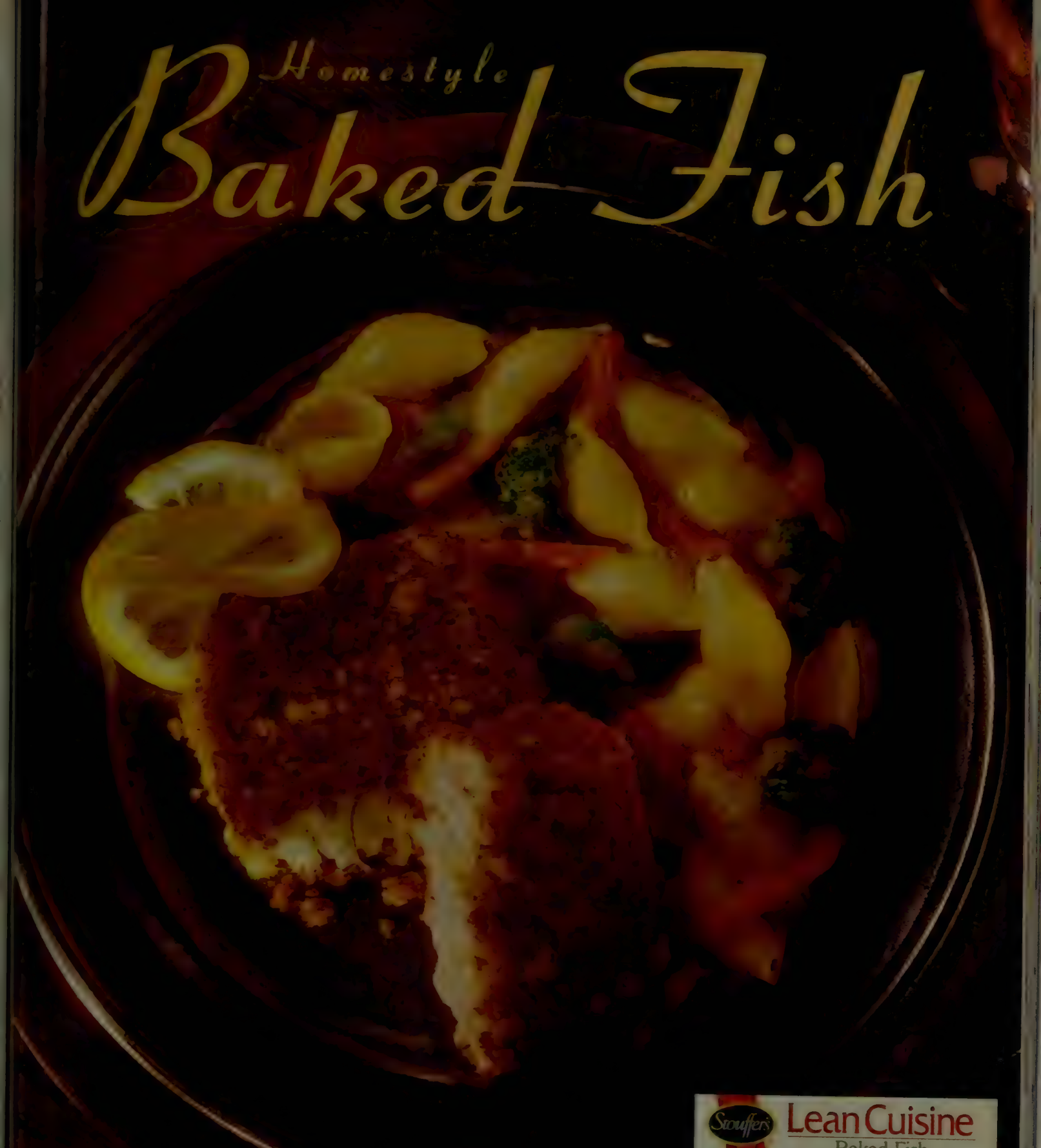
the banana bunch

The tropical fruit bowl now includes some new friends. As Floribbean cooking—a lively fusion of Floridian and Caribbean—crosses state lines and heads north, its tropical fruits are going mainstream. Mango, papaya, guava, carambola, passion fruit, and a bevy of banana types are showing up in supermarkets fresh and in salsas, chutneys, sorbets, and beverages. Limes, stealing some of lemon's glory, are our new main squeeze.

light&fresh

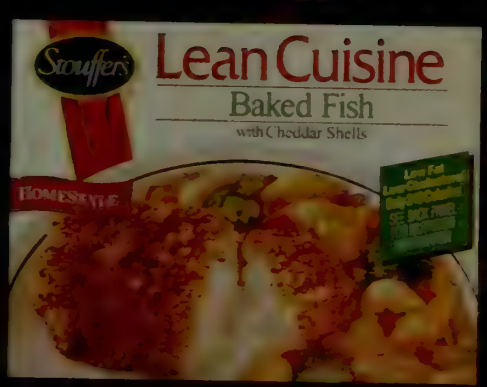
Homestyle

Baked Fish



Lemon-pepper breaded fish fillet, baked to a tender golden brown, accompanied by carrots, broccoli and pasta shells in a creamy cheddar cheese sauce. And yet, amazingly, low in fat and calories.

It's not just lean. It's cuisine.



©1996 Nestlé Frozen Food Company

Get Involved



When parents participate, children succeed.

Walk the halls of Hans Christian Andersen Elementary School during the day and you're just as likely to see parents as teachers. Parents help in the classrooms, mentor children one-on-one, and head up after-school activities. Some even volunteer to help other parents figure out how they can volunteer.

"We are continually coming up with ways to involve our families," says Cynthia Ford, principal of the Rockledge, Florida, school. "We want Andersen Elementary to be a place where parents feel capable, connected, and contributing." About 300 parents volunteer their time to the school of roughly 1,000 students.

Andersen students are thriving. Assistant principal Pam Gillette says that second-grade standardized test scores have gradually improved, fewer students are being removed from regular classrooms for disciplinary purposes, and the number of suspensions for behavior problems is down. Research backs Gillette's belief that these successes are directly linked to parent participation.

"It's very clear that when families are involved, children succeed," says Carroll T. Miller, coeditor of *The Education Today Parent Involvement Handbook*. Studies continually prove that a family's level of participation in its children's education has a much greater impact on academic success than factors such as how affluent the family is or whether the parents finished high school or college.

The word "involvement" brings an immediate picture to mind of a parent—typically, a mother—becoming a fixture in the school building, volunteering for projects, working closely with the teacher, and commandeering PTA meetings. Yet these are actions that many parents today don't have the inclination to take. "There's no question that some parents are intimidated about becoming involved," says Kenneth Shore, Ph.D., a licensed psychologist who works for the Hamilton, New Jersey, public school system, and is the author of *The Parents' Public School Handbook*. And, the stress of a two-career household often keeps parents from being involved in their children's daily school lives as much as they would like.

Experts emphasize that participation in a child's education does not have to be time-consuming or complicated. "I really believe that parent involvement can be done in manageable, bite-size chunks," says Miller. Active, front-line responsibility is wonderful, but not necessary, especially at first. Shore suggests looking at school involvement as a four-level process.

1. INVOLVEMENT AT HOME

According to a 1992 study published by the Educational Testing Service, factors that parents can control—namely, preventing absenteeism, providing a variety

continued on page 44

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lew Wisk® gets out tomato sauce in just one wash.



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Get Involved

continued from page 42

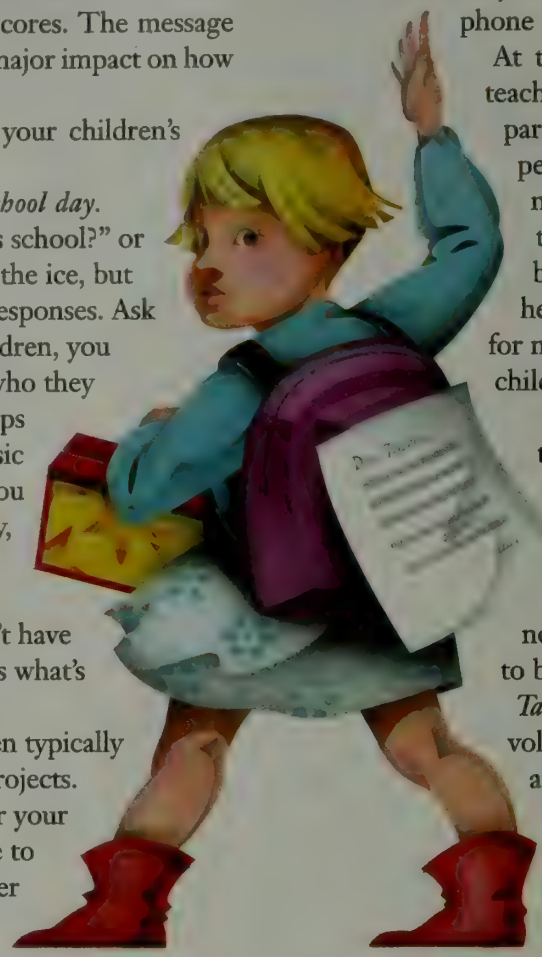
of reading materials at home, and limiting television watching—accounted for nearly 90 percent of the difference in 8th-grade mathematics test scores. The message is clear: What goes on at home has a major impact on how children perform at school.

As a parent, you are involved in your children's schooling at home when you:

Talk to your children about their school day. General questions such as "How was school?" or "What did you do today?" can break the ice, but rarely prompt more than one-word responses. Ask specific questions. With younger children, you might ask about special activities or who they played with on the playground. It helps if you're familiar with your child's basic school-day routine. For instance, if you know that classroom jobs change daily, ask which task your child performed today. Find out how an art project is progressing. The conversation doesn't have to be long or detailed. Your interest is what's most important.

Monitor schoolwork. Younger children typically bring home bags full of papers and projects. Don't ignore them, and don't wait for your child to show them to you. Take time to look through what comes home, either directly with your child or in your child's presence. Make specific, encouraging comments. Ask questions about the work.

Establish supportive household routines. This remains crucial throughout your child's school years, from elementary through high school. It begins with making time to read together, every day. Monitoring TV-watching habits is critical. Be sure your children are physically active during the day, eat healthy meals, and sleep well at night. As children get older, schedule daily homework times, and be sure that they have a quiet, comfortable work space.



What goes on at home has a major impact on how children perform at school.

2. INVOLVEMENT WITH THE ELEMENTARY TEACHER

Most parents do not maintain close relationships with teachers, according to a survey by The Institute for Educational Leadership/Mattel Foundation. In the survey, 57 percent of parents reported that they had spoken with teachers five or fewer times during the previous school year. Yet experts emphasize the importance of in-school participation by parents.

"Interaction between parents and teachers will alwa improve the learning process, no matter what," says Jam Klassen, Ph.D., chairman of the education department the University of Dallas. Klassen tells his student teache to contact every parent in the classroom as early as pos ble in the school year, even if it's only a 10-minute tel phone conversation.

At the elementary school level, if t teacher doesn't take the first step, t parent should. The goal is to begin personal relationship. "The pare needs to become a real person to t teacher, and the teacher needs t become a real person to the parent he says. Here are a few suggestio for maintaining a relationship with yo child's teacher:

Write notes. A note is an easy, effe tive way to communicate inform tion about your child and abo minor changes going on home. With younger chi dren, you may want to pin th note onto the outside of the backpac to be sure the teacher receives it.

Talk on the phone. Some teachers wi volunteer their home phone numbe at the beginning of the year. Othe won't, but all teachers are availabl on the telephone through th school office. Periodic chats are good way to touch base, particula ly when you have praise to offe regarding a program or school event.

Visit the classroom. Busy parents tend t overlook this, but experts urge parents t take the time to observe the class in actio In a short time, you can learn what goes o during the school day, which shoul improve communication efforts with yo child. Always arrange visits with the teache and follow the school's visitor policy.

Make conferences a priority. Most school have two official parent-teacher conference per year. They offer the teacher an opportu nity to report on your child's progress.

Before the conference, review your child schoolwork. Think of specific questions yo want to ask, but allow the teacher to do th talking at first. Listen carefully to what the teacher has t say. Most teachers are skilled observers of child behavio and those insights into your child can be enlightening.

Volunteer in the classroom. This is a rewarding step. Som parents may not have the time or the notion. But ofte hesitation stems more from lack of confidence.

continued on page 4

MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children, 10% of all kids between nd 10, wet the bed twice a week or more. If your ld is in school, chances are at least two of his ssmates are in the same leaky boat. No child uld ever feel alone with this problem. But, of rse, they do.

The good news: More is known than ever before t can help. Once, the only sure cure was time. 9% of our children leave this problem in the dust hey grow. And now there are some new ways ive time a hand.

THE BEST BEGINNING

For starters, pediatricians know a lot more ut the causes of "enuresis" (that's the official dical name for it) than they used to.

Doctors today deal with this problem all the e. They have new techniques and sometimes dicines that can help manage bed-wetting, if not inate it altogether.

And now (finally!), there are pants you can that can make a real difference at your house, y night and every morning. Your child will wet. He can't help it. But from now on, that sn't have to mean he has to wet the bed.

TOMORROW CAN BE DIFFERENT

The makers of Pull-Ups® training pants have nted the first and only disposable underpants arger children, 45 to 85+ pounds.

Pull-Ups® GoodNites® disposable absorbent erpants eliminate the rubber sheets and the dry and much of the stress that make nighttime dents into a bigger deal than they really are, make our children feel small. Smaller than they y are.

GoodNites look a lot like plain white under- ts, except slightly thicker. They come in two s and even have a label in the back. The trim fit s GoodNites underpants vanish discreetly er pajamas, while the super absorbent middle ady, just in case. In every detail, the GoodNites people have done everything possible to make these absorbent underpants respect our kids like the grown-ups they soon will be.

THE WAY THINGS SHOULD BE

If yours is already a GoodNites family, there's some good news for you, too. GoodNites are now even more absorbent than before.

If GoodNites underpants are new to you, now is the time to try them. You will rejoice that you did.

GoodNites are not a miracle, but there's nothing like them. They help families keep bed-wetting in perspective. They help make dry mornings, in crisp clean sheets, routine. And make sleep-overs and other normal, healthy everyday kid things routine, too. The way they should be.

THE GOODNITES GUIDES

GoodNites underpants were developed with the help of pediatricians and other childhood specialists. You'll find much of their good advice in these little booklets. One is written for parents. The other is for your child. For copies, please send $1 for postage and handling to: GoodNites Guides, P.O. Box 1165, Maple Plain, MN 55592.



GoodNites® mean Good Mornings™

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Get Involved

continued from page 44

Tell the teacher how much time you have and that you'd like to help, but you don't know what you can do. Chances are, once you make the effort, the teacher will draw something out of you.

"Some parents are great organizers, some are great artists, some are wonderful storytellers," says Carroll Miller. With younger kids, all that may be required of a volunteer is offering an extra hand to hold. And it doesn't take much time. "You can do a lot in a half hour," she says. Some schools have guidelines for the amount and types of assistance that parents can give. Check with the school principal or a PTA officer if those regulations are not made clear by the teacher.

Some teachers need help behind the scenes—planning holiday parties, advising on a computer installation, helping with fund-raising, even writing a grant.

Andersen Elementary has set up this process with SWAT Teams. (SWAT stands for Super Workers Assisting Teachers.) Groups of parents come in once a month to help produce materials required for class lessons. This saves time for the teachers, and allows the parents to participate in their kids' school lives.



3. INVOLVEMENT WITH THE MIDDLE AND HIGH SCHOOL TEACHER

When middle school rolls around, teacher communication becomes trickier. Compared to the relative comfort and friendliness of grade school, middle school can be a shock: there are more teachers to deal with, complicated schedules to understand, a larger building to navigate. In addition, the kids are changing as much as the school environment.

"By middle school, kids are often less willing to have their parents involved," says Shore—at least visibly. Participation, however, is still possible, and recommended.

Parents can still communicate with the school, but they must know where to start. Typically, each child is assigned to a guidance counselor or a primary teacher. Use this person as your contact, and develop the relationship as the year progresses. Even in middle and high school, teachers may still appreciate help planning field trips or organizing fund-raising projects for the school.

Information received from teachers can be helpful at this age. In fact, for college-bound children, such talks are as important as ever. The teacher may have insight about your child that may affect selection of college and career.

Although participation is important, parents of middle schoolers must learn to become less directly involved with their children's schoolwork. "By the sixth or seventh grade," says Shore, "children should be capable of keeping track of their own homework. Parents need to start backing away and turning more responsibility over to their children."

4. INVOLVEMENT IN THE SYSTEM

The final level of parental involvement might begin with the PTA and eventually land you on the school board. How strongly parents are inclined to stretch their involvement into policy making depends on a few factors. Time, of course, is one of them. Parents of older children may find they have more time in the evenings for committee meetings.

How you feel about the quality of your child's education may be another impetus. Budget cuts that affect programs often compel parents to get involved. Others act when they are dismayed by a philosophical direction the school is taking.

But other situations may warrant parental action, including:

- concern about the amount and types of homework being assigned.
- interest in changing school structures—breaking up a large school into smaller units or extending the school day or year.

Parents are advised to stay focused—start small and attempt only what seems possible to accomplish. And always remember to be supportive when interacting with teachers and school officials.

"It's very important to be perceived as partners with the school," says Shore. "Teachers have been feeling assaulted from lots of different sources in recent times," Shore says. "They are appreciative and grateful when parents support them."

Astute school administrators are equally grateful for parents' help. "I find that our parents are as creative in solving problems as our staff," says Andersen principal Cynthia Ford. "We'd really be short-changing the process if we cut them out of the loop."



RESOURCES FOR PARENTS

To order *The Education Today Parent Involvement Handbook* ($7.95 plus shipping) write to: Education Publishing Group, 20 Park Plaza No. 1215, Boston, MA 02116; or call 800/927-6006, extension 127.

To receive a free brochure called "Parent-Teacher Tips," write: Hand in Hand, 1010 Wisconsin Avenue NW, Suite 800, Washington, DC 20008; or call 202/338-7227.

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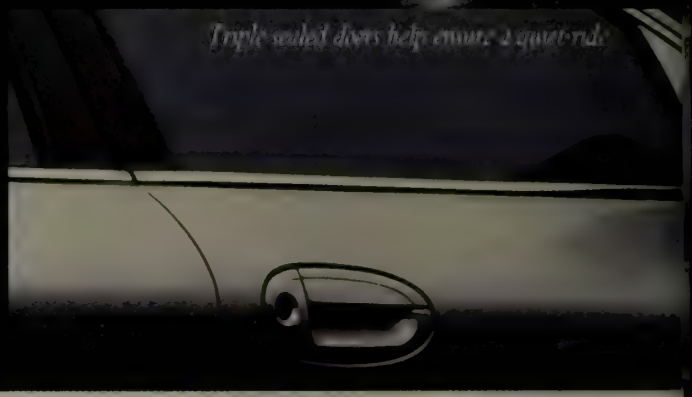
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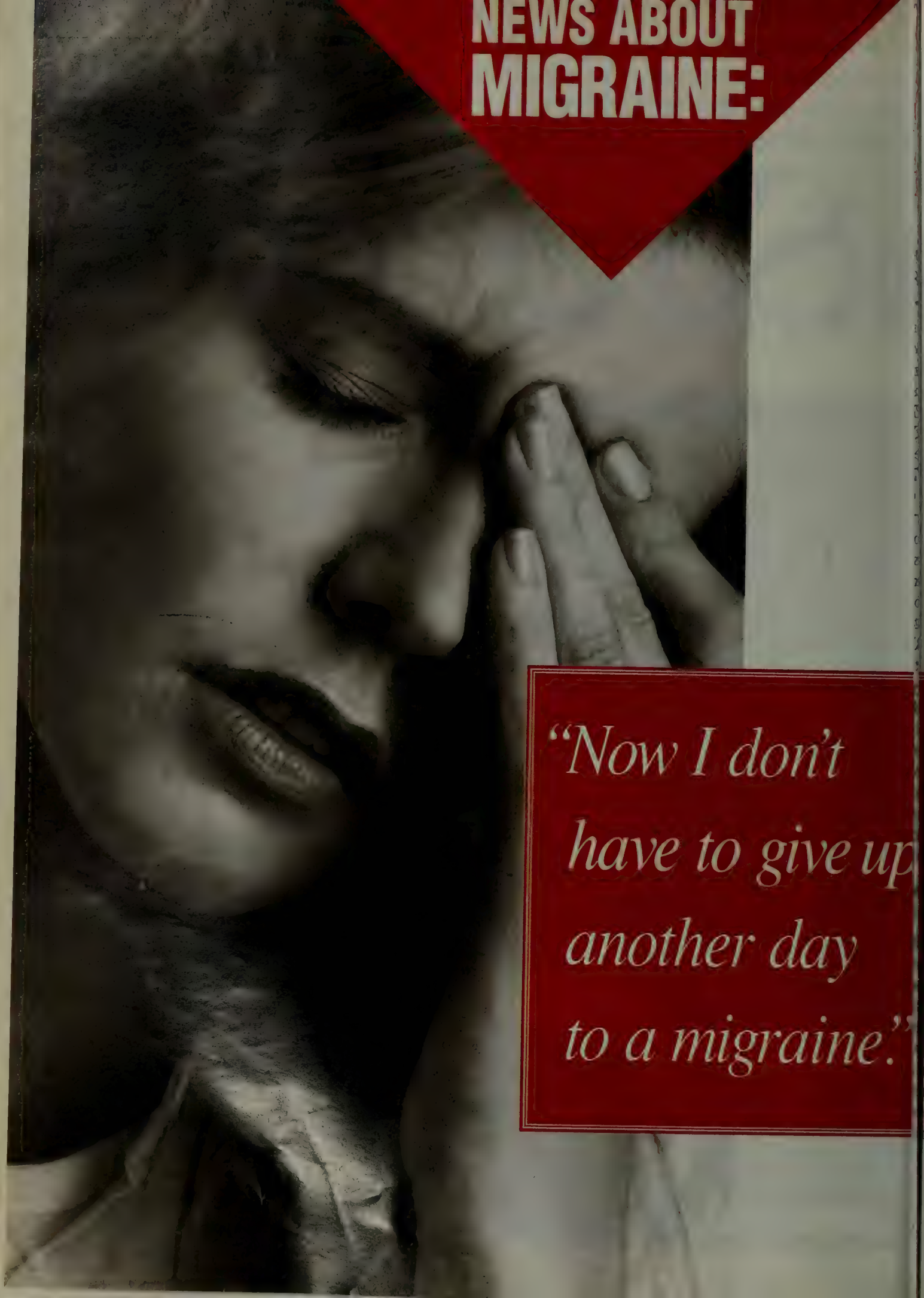
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IMITREX SUMATRIPTAN SUCCINATE

elieves migraine pain and nausea *without* drowsiness

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Today, your doctor has a medicine could be important for you, and the millions who also suffer from graine. Because now your doctor IMITREX Tablets. Until now, highly effective medicine has been available as an injection. MITREX Tablets contain a que medicine, sumatriptan succi-, created specifically for the con-on of migraine. So IMITREX eves more than just the pain—so relieves the nausea and other ptoms, like sensitivity to light, often accompany migraine. TREX should be taken at the est signs of a migraine headache. if you can't, you should know IMITREX is just as effective at time—even if you take it when migraine is at its worst. In addi-IMITREX is not a narcotic or iturate, and most importantly, ost people IMITREX does not e the unpleasant side effect of ssiness.

LY YOUR DOCTOR CAN GNOSE MIGRAINE.

ell your doctor all the symp-you've experienced. These include at least two of the wing: pain on one side of ead, throbbing pain, pain that pts normal activity, pain that's vated by activity. Migraine toms may also include nausea, or without vomiting, and/or tivity to light or sound.







ONLY YOUR DOCTOR CAN DECIDE IF IMITREX IS RIGHT FOR YOU.

IMITREX is a prescription product for the treatment of acute migraine attacks that is available only through your doctor. You should not take IMITREX if you have certain types of heart disease, blood pressure that is uncontrolled, or are allergic to this medication. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, people with undiagnosed heart disease have had serious heart-related problems when taking IMITREX. If you are currently taking other medications, particularly MAO inhibitors and ergotamines, or if you are pregnant, nursing, or thinking about becoming pregnant, you should talk to your doctor. If the headaches you are suffering are not migraines, IMITREX is not for you.

The most frequently seen side effects are tingling and nasal discomfort.

FOR MORE INFORMATION, CALL 1-800-752-1009.

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Remember, only your doctor has the knowledge to decide whether IMITREX is right for you.

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ASK YOUR DOCTOR ABOUT IMITREX TODAY.

Please see the important information on the following page.

BRIEF SUMMARY

Imitrex® (sumatriptan succinate) Tablets

The following is a brief summary only. Before prescribing, see complete prescribing information in Imitrex® Tablets product labeling.

CONTRAINDICATIONS: Because of rare reports of coronary vasospasm, Imitrex® Tablets should not be given to patients with ischemic heart disease (angina pectoris, history of myocardial infarction, or documented silent ischemia) or to patients with Prinzmetal's angina. Also, patients with symptoms or signs consistent with ischemic heart disease should not receive Imitrex Tablets. Because Imitrex Tablets can give rise to increases in blood pressure (usually small), they should not be given to patients with uncontrolled hypertension.

Concurrent administration of monoamine oxidase (MAO) inhibitors or use within 2 weeks of discontinuation of MAO inhibitor therapy is contraindicated (see CLINICAL PHARMACOLOGY: Drug Interactions in full prescribing information and PRECAUTIONS: Drug Interactions).

Imitrex Tablets should not be used within 24 hours of an ergotamine-containing or ergot-type medication like dihydroergotamine or methysergide.

Imitrex Tablets are contraindicated in patients with hypersensitivity to sumatriptan or any of the ingredients.

WARNINGS: Imitrex® Tablets should only be used where a clear diagnosis of migraine has been established.

Imitrex Tablets should not be administered to patients with basilar or hemiplegic migraine.

Hypersensitivity (anaphylaxis/anaphylactoid) reactions have occurred on rare occasions in patients receiving sumatriptan. Such reactions can be life threatening or fatal. In general, hypersensitivity reactions to drugs are more likely to occur in individuals with a history of sensitivity to multiple allergens.

Cardiac Events/Coronary Constriction: Serious coronary events, including some that have been fatal, following Imitrex Tablets have occurred but are extremely rare. Although it is not clear how many of these can be attributed to Imitrex®, because of their potential to cause coronary vasospasm, Imitrex Tablets should not be given to patients in whom unrecognized coronary artery disease (CAD) is likely without a prior evaluation for underlying cardiovascular disease. Such patients include postmenopausal women, males over 40, and patients with other risk factors for CAD such as hypertension, hypercholesterolemia, obesity, diabetes, smokers, and strong family history. Following a satisfactory cardiovascular assessment, it is recommended that the first dose of Imitrex Tablets be given in the physician's office for patients with underlying risk factors for CAD unless these patients have previously received sumatriptan. If symptoms consistent with angina occur, electrocardiographic (ECG) evaluation should be carried out to look for ischemic changes.

Sumatriptan may cause coronary vasospasm in patients with a history of CAD, who are known to be more susceptible than others to coronary artery vasospasm, and, rarely, in patients without prior history suggestive of CAD. Of 6,348 patients in clinical trials of oral sumatriptan, two experienced clinical adverse events shortly after receiving oral sumatriptan that may have reflected coronary vasospasm. Neither of these adverse events was associated with a serious clinical outcome.

There have been rare reports from countries where Imitrex Tablets are already on the market of serious adverse events, including myocardial infarction, ECG changes suggestive of myocardial ischemia, and symptoms consistent with angina pectoris.

Drug-Associated Fatalities: In extensive worldwide postmarketing experience, deaths have been reported following the use of Imitrex Tablets. In most cases, the deaths occurring after treatment with Imitrex Tablets occurred well after sumatriptan use (i.e., 3 or more hours postdose) and probably reflect underlying disease and spontaneous events.

There have, however, been several fatalities that occurred within a few hours after the use of sumatriptan. The specific contribution of sumatriptan to most of these deaths cannot be determined, but in one case with Imitrex® (sumatriptan succinate) Injection, a 41-year-old woman with a 6-day history of unilateral headache, uncertain history of cardiovascular disease with known risk factors (positive family history, postmenopausal woman, and smoking) and a history of asthma and codeine allergy, experienced nausea, vomiting, a sense of warmth, chest pressure, and sweating within 7 minutes of dosing. This was followed by hypotension at about one-half hour, and ventricular tachycardia/ventricular fibrillation leading to death. In most other cases, death was attributed to myocardial infarctions occurring hours after drug administration.

Deaths attributed to strokes, cerebral hemorrhage, and other cerebrovascular events have also been reported in patients treated with oral and subcutaneous sumatriptan. In many cases, it appears possible that the cerebrovascular events were primary, sumatriptan having been administered in the incorrect belief that the symptoms experienced were migrainous in origin when they were not. Accordingly, it is important to advise patients not to administer sumatriptan if a headache being experienced is atypical.

Use in Women of Childbearing Potential: (see PRECAUTIONS).

PRECAUTIONS:

General: Atypical sensations over the precordium (tightness, pressure, heaviness) have been reported after Imitrex® Tablets, but have only rarely been associated with ischemic ECG changes.

Sumatriptan may cause mild, transient elevation of blood pressure (see CLINICAL PHARMACOLOGY in full prescribing information).

Imitrex Tablets should also be administered with caution to patients with impaired hepatic function (see CLINICAL PHARMACOLOGY in full prescribing information and DOSAGE AND ADMINISTRATION).

There have been rare reports of seizure following administration of sumatriptan.

As with other acute migraine therapies, before treating headaches in patients not previously diagnosed as migraineurs and in migraineurs who present with atypical symptoms, care should be taken to exclude other potentially serious neurological conditions. There have been rare reports where patients received sumatriptan for severe headaches that were subsequently shown to have been secondary to an evolving neurological lesion (cerebrovascular accident, subarachnoid hemorrhage). For a given attack, if a patient has no response to the first dose, the diagnosis of migraine should be reconsidered before administration of a second dose. In this regard, it should be noted that migraineurs may be at increased risk of certain cerebrovascular events (e.g., cerebrovascular accident, transient ischemic attack).

Binding to Melanin-Containing Tissues: Because sumatriptan binds to melanin, it could accumulate in melanin-rich tissues (such as the eye) over time. This raises the possibility that sumatriptan could cause toxicity in these tissues after extended use. However, no effects on the retina related to treatment with sumatriptan were noted in any of the toxicity studies. Although no systematic monitoring of ophthalmologic function was undertaken in clinical trials, and no specific recommendations for ophthalmologic monitoring are offered, prescribers should be aware of the possibility of long-term ophthalmologic effects (see CLINICAL PHARMACOLOGY in full prescribing information).

Corneal Opacities: Sumatriptan causes corneal opacities and defects in the corneal epithelium in dogs; this raises the possibility that these changes may occur in humans. While patients were not systematically evaluated for these changes in clinical trials, and no specific recommendations for monitoring are being offered, prescribers should be aware of the possibility of these changes (see CLINICAL PHARMACOLOGY in full prescribing information).

Information for Patients: See PATIENT INFORMATION at the end of the full prescribing information for the text of the separate leaflet provided for patients.

Laboratory Tests: No specific laboratory tests are recommended for monitoring patients prior to and/or after treatment with Imitrex Tablets.

Drug Interactions:

Note: The combined use of oral sumatriptan and MAO inhibitors is contraindicated (see CONTRAINDICATIONS).

There is no evidence that concomitant use of migraine prophylactic medications has any effect on the efficacy or unwanted effects of sumatriptan. In controlled trials, a retrospective analysis compared 199 patients who had been using Imitrex® (sumatriptan succinate) Tablets and prophylactic drugs (calcium channel blockers, n=76; tricyclic antidepressants, n=43; beta blockers, n=70) to those who had not used prophylaxis (n=1,220). There were no differences in overall adverse event rates between the two groups.

Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergot-containing or ergot-type medications (like dihydroergotamine or methysergide) and sumatriptan within 24 hours of each other should be avoided (see CONTRAINDICATIONS).

Propranolol: Pretreatment with propranolol 80 mg twice daily for 7 days had no effect on the pharmacokinetics, blood pressure, or pulse rate of oral sumatriptan administered as a single 300-mg dose.

Alcohol: Alcohol consumed 30 minutes prior to sumatriptan ingestion had no effect on the pharmacokinetics of sumatriptan.

Drug/Laboratory Test Interactions: Imitrex Tablets are not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In carcinogenicity studies, rats and mice were given sumatriptan by oral gavage (rats, 104 weeks) or in drinking water (mice, 78 weeks). Average exposures achieved in mice receiving the highest dose were approximately 40 times the exposure attained in humans after the maximum recommended single dose of 100 mg. The highest dose to rats was approximately 15 times the maximum single human dose of 100 mg on a mg/m^2 basis. There was no evidence of an increase in tumors in either species related to sumatriptan administration.

Sumatriptan was not mutagenic in the presence or absence of metabolic activation when tested in two gene mutation assays (the Ames test and the *in vitro* mammalian Chinese hamster V79/HGPRT assay). In two cytogenetics assays (the *in vitro* human lymphocyte assay and the *in vivo* rat micronucleus assay) sumatriptan was not associated with clastogenic activity.

In a study in which male and female rats were dosed daily with oral sumatriptan prior to and throughout the mating period, there was a treatment-related decrease in fertility secondary to a decrease in mating in animals treated with 50 and 500 mg/kg per day. The no-effect dose for this finding was approximately one-half of the maximum recommended single human dose of 100 mg on a mg/m^2 basis. It is not clear whether the problem is associated with treatment of the males or females or both combined.

Pregnancy: ***Pregnancy Category C:*** In reproductive toxicity studies in rats and rabbits, oral treatment with sumatriptan was associated with embryolethality, fetal abnormalities, and pup mortality. There is no evidence that establishes that sumatriptan is a human teratogen; however, there are no adequate and well-controlled studies in pregnant women. Imitrex Tablets should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. In assessing this information, the following findings should be considered.

Embryolethality: When given orally to pregnant rabbits daily throughout the period of organogenesis, sumatriptan caused embryolethality only at a dose that clearly resulted in maternal toxicity, 100 mg/kg per day. The no-effect dose for embryolethality was 50 mg/kg per day, which is approximately nine times the maximum single human dose of 100 mg on a mg/m^2 basis.

Teratogenicity: A study in which rats were dosed daily with oral sumatriptan prior to and throughout gestation demonstrated fetal toxicity and a small increased incidence of a syndrome of malformations (short tail/short body and vertebral disorganization) after long-term treatment with 500 mg/kg per day. The no-effect dose for this effect was 50 mg/kg per day, approximately five times the maximum single human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in an increased incidence of blood vessel abnormalities (cervicothoracic and umbilical) at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this was approximately 60 mg/kg per day, approximately six times the maximum single human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rabbits with sumatriptan during the period of organogenesis resulted in an increased incidence of cervicothoracic vascular and skeletal abnormalities. The highest no-effect dose established for these effects was 15 mg/kg per day, approximately three times the human dose of 100 mg on a mg/m^2 basis.

Pup Deaths: Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in a decrease in pup survival between birth and postnatal day 4 at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this effect was approximately 60 mg/kg per day, or six times the human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rats with sumatriptan from gestational day 17 through postnatal day 21 demonstrated a decrease in pup survival measured at postnatal days 2, 4, and 20 at the dose of 1,000 mg/kg per day. The no-effect dose for this finding was 100 mg/kg per day, approximately 10 times the human dose of 100 mg on a mg/m^2 basis.

Nursing Mothers: Sumatriptan is excreted in human breast milk. Therefore, caution should be exercised when considering the administration of Imitrex Tablets to nursing women.

Pediatric Use: Safety and effectiveness of Imitrex Tablets in pediatric patients have not been established.

Use in the Elderly: The safety and effectiveness of Imitrex Tablets in individuals over age 65 have not been systematically evaluated, but the pharmacokinetic disposition of Imitrex Tablets in the elderly is similar to that seen in younger adults

ADVERSE REACTIONS: (see also PRECAUTIONS) Sumatriptan may cause coronary vasospasm in patients with a history of CAD, known to be susceptible to coronary artery vasospasm, and, very rarely, without prior history suggestive of CAD.

There have been rare reports from countries in which Imitrex® Tablets have been marketed of serious and/or life-threatening arrhythmias including atrial fibrillation, ventricular fibrillation, ventricular tachycardia; myocardial infarction; ECG changes suggestive of myocardial ischemia; and symptoms consistent with angina pectoris after oral sumatriptan. Chest discomfort, when it occurs, is usually noncardiac in origin.

Other untoward clinical events associated with the use of Imitrex Tablets are: warm/hot sensations, tingling/paresthesia, pressure sensations, flushing, sensations of heaviness, chest symptoms (tightness and sensations of heaviness), dizziness/vertigo, bad taste in mouth, weakness, myalgias, neck stiffness; all these untoward effects are transient, although they may be severe in occasional patients.

Incidence in Controlled Clinical Trials: The following table lists adverse events that occurred in two large US placebo-controlled clinical trials. Only events that occurred at a frequency of 1% or more in the Imitrex Tablets 100-mg group and that occurred more frequently in that group than the placebo group are included in the following table.

Treatment-Emergent Adverse Events in Controlled US Clinical Trials Reported by at Least 1% of Patients With Migraine*

	Percent of Patients Reporting			
Adverse Event Type	Placebo (n=112)	Imitrex 25 mg (n=114)	Imitrex 50 mg (n=108)	Imitrex 100 mg (n=112)
Atypical sensations				
Feeling of heaviness	<1	<1	<1	2
Feeling of tightness	0	<1	2	2
Pressure sensation	0	<1	2	3
Tingling	4	3	4	5
Warm/hot sensation	<1	2	3	3
Cardiovascular				
Flushing	<1	0	4	2
Palpitations	<1	0	<1	2
Ear, nose, and throat				
Discomfort nasal	4	5	5	7
Eye				
Irritation of eye(s)	0	0	0	2
Visual disturbance	<1	0	<1	3
	Percent of Patients Reporting			
Adverse Event Type	Placebo (n=112)	Imitrex 25 mg (n=114)	Imitrex 50 mg (n=108)	Imitrex 100 mg (n=112)
Musculoskeletal				
Weakness	0	2	<1	1
Neurological				
Agitation	0	0	0	1
Urogenital				
Dysuria	<1	0	0	0

*Events that occurred at a frequency of 1% or more in the Imitrex® (su succinate) Tablets 100-mg group and that occurred more frequent group than the placebo group.

Other events that occurred at least as often on placebo as in the 100 group included abdominal discomfort, mouth or tongue discomf stiffness, anxiety, taste disturbance, nausea and/or vomiting, d headache, drowsiness/sedation, dizziness/vertigo and malaise/fatigue

Imitrex Tablets are generally well tolerated. Across all doses, mos reactions are mild and transient and do not lead to long-lasting eff incidence of adverse events in controlled clinical trials was not af gender or age of the patients. There was insufficient data to assess the race on the incidence of adverse events.

Other Events Observed in Association With Oral Sumatriptar paragraphs that follow, the frequencies of less commonly reportec clinical events are presented. Because the reports cite events observe and uncontrolled studies, the role of Imitrex Tablets in their causation reliably determined. Furthermore, variability associated with r requirements, the terminology used to describe adverse events, etc. value of quantitative frequency estimates provided.

Event frequencies are calculated as the number of patients reporting divided by the total number of patients (n=6,348) exposed to oral su All reported events are included except those already listed in the prev those too general to be informative, and those not reasonably assoc the use of the drug. Events are further classified within body system c and enumerated in order of decreasing frequency using the following d frequent adverse events are defined as those occurring in at least 1/100 infrequent adverse events are those occurring in 1/100 to 1/1,000 pati adverse events are those occurring in fewer than 1/1,000 patients.

Atypical Sensations: Frequent were burning sensation, nu paresthesia. Infrequent was tight feeling in head. Rare were dysesthesia cold sensation.

Cardiovascular: Frequent were chest discomfort, chest pressure/h chest tightness. Infrequent were arrhythmia, changes in ECG, hype hypotension, pallor, pulsating sensations, tachycardia. Rare were atherosclerosis, bradycardia, cerebral ischemia, cerebrovascular lesi block, peripheral cyanosis, thrombosis, transient myocardial is vasodilation.

Ear, Nose, and Throat: Frequent were throat symptoms. Infrequ hearing disturbances, otalgia. Rare was feeling of fullness in the ear(s).

Endocrine and Metabolic: Infrequent was thirst. Rare were thyrotropin stimulating hormone (TSH) levels, galactorrhea, hyperg hypoglycemia, hypothyroidism, polydipsia, weight gain, weight loss.

Eye: Rare were disorders of sclera, mydriasis.

Gastrointestinal: Frequent were diarrhea, gastric symptoms. Infrequ constipation, dysphagia, gastroesophageal reflux. Rare were gastro bleeding, hematemesis, melena, peptic ulcer.

Hematological Disorders: Rare was anemia.

Musculoskeletal: Frequent was myalgia. Infrequent was muscle Rare was tetany.

Neurological: Frequent were phonophobia, photophobia. Infrequ confusion, depression, difficulty concentrating, disturbance of smell, d euphoria, facial pain, heat sensitivity, incoordination, lacrimation, mo sleep disturbance, shivering, syncope, tremor. Rare were aggress apathy, bradylogia, cluster headache, convulsions, decreased appet abuse, dystonic reaction, facial paralysis, hallucinations, hunger, hype hysteria, increased alertness, memory disturbance, neuralgia, p personality change, phobia, radiculopathy, rigidity, suicide, twitching.

Respiratory: Frequent was dyspnea. Infrequent was asthma. F hiccoughs.

Skin: Frequent was sweating. Infrequent were erythema, pruritus, tenderness. Rare were dry/scaly skin, tightness of skin, wrinkling of skin

Breasts: Infrequent was tenderness. Rare was nipple discharge.

Urogenital: Infrequent were dysmenorrhea, increased ur intermenstrual bleeding. Rare were abortion, hematuria.

Miscellaneous: Frequent was hypersensitivity. Infrequent were cou fluid retention, overdose. Rare were edema, hematoma, lymphade speech disturbance, voice disturbances.

Postmarketing Experience: The following are spontaneously reported events from postmarketing experience except those events alrea previously in the ADVERSE REACTIONS section or those too gene informative. Because the reports cite events reported spontaneous worldwide postmarketing experience, frequency of events and the role Tablets in their causation cannot be reliably determined.

Episodes of acute renal failure, angioneurotic edema, cardiom cerebrovascular accident, cyanosis, deafness, death, disturbances function tests, exacerbation of sunburn, hepatic impairment, int disorders, ischemic optic neuropathy, pancytopenia, panic disorder, p edema, photosensitivity, pulmonary embolism, retinal artery occlusio subarachnoid hemorrhage, temporal arteritis, thrombocytope xerostomia.

The following hypersensitivity reactions have been reported: rash, pruritus, erythema, and shortness of breath. In addition, anaphylaxis/anaphylactoid reactions have been reported (see WARNING

DRUG ABUSE AND DEPENDENCE: The abuse potential of Imitrex cannot be fully delineated in advance of extensive marketing experie clinical study with Imitrex® (sumatriptan succinate) Injection enr patients with a history of substance abuse failed to induce subjective and/or physiologic response ordinarily associated with drugs that established potential for abuse

OVERDOSAGE: Patients (n=670) have received single oral doses of 1- mg without significant adverse effects. Volunteers (n=174) have receiv oral doses of 140 to 400 mg without serious adverse events.

No gross overdoses in clinical practice have been reported. vasospasm was observed after intravenous administration of sumatri CONTRAINDICATIONS). Overdoses would be expected from anima possibly cause tremor, lethargy, erythema of the extremities, a respiration, cyanosis, ataxia, mydriasis, and paralysis. The elimination sumatriptan is about 2.5 hours (see CLINICAL PHARMACOLOG prescribing information), and therefore monitoring of patients after with Imitrex® Tablets should continue for at least 10 hours or while sym signs persist.

It is unknown what effect hemodialysis or peritoneal dialysis ha serum concentrations of sumatriptan

DOSAGE AND ADMINISTRATION: (See complete prescribing infor Imitrex® Tablets product labeling.) Hepatic disease/functional impairm also cause unpredictable elevations in the bioavailability of orally adr sumatriptan. Consequently, if treatment is deemed advisable in the pr liver disease, the maximum single dose should in general not exceed 5 CLINICAL PHARMACOLOGY in full prescribing information for the bas recommendation).

June 1995 RL-197 TAB1
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IMC083 Printed in USA October 1995

Something to Chew On



Few people linger at the dentist's office. Once that paper napkin is removed, many of us spring from the chair only too happy to be on our way. So we asked some top dentists across the country the questions you may be pondering, but never get around to asking.

Q. Is it better to floss before or after I brush?

Dentists are divided in their opinions on this. Flossing before you brush lets you dislodge plaque and food particles before brushing them away.

Those dentists who prefer flossing after brushing say it's better because you can floss out particles that get pushed between teeth during brushing. They recommend following with an oral rinse.

"Floss once a day," says dentist Barbara Ann Rich, D.D.S., of Cherry Hill, New Jersey. "When you start worrying about flossing at the right or wrong time, it can be a barrier to doing it."

DID YOU KNOW YOU SHOULD BRUSH YOUR TEETH FOR AS LONG AS ONE SONG?

Q. How long should I brush?

"Let me put it this way," says Edward G. Kaufman, D.D.S., dean of New York University's College of Dentistry. "After you finish brushing and think your teeth are clean, start all over again." The Academy of General Dentistry in Chicago says most people rush through brushing. Although we think we may be brushing for three to four minutes, most of us don't even last one minute. A helpful hint: Turn on the radio and brush for the duration of a song.

Q. How badly can coffee stain teeth? Are over-the-counter bleaching products safe to use?

If you drink lots of coffee, cola, and tea, or if you smoke, your teeth will wear the battle scars. Regular brushing and professional cleanings every three to six months can help reduce staining. If you can't brush after your morning cappuccino, drink water right afterward to rinse your mouth.

Teeth brightening or bleaching can brighten your smile. It's best, however, to leave the over-the-

continued on page 54

Something to Chew

continued from page 53

counter bleaches on the shelf and head to your dentist's office. Your dentist can safely monitor the bleaching. He or she will fit you with a clear mouth guard that holds a whitening agent to your teeth. How long you wear it depends on the desired result.

Wearing the mouth guard for two to four hours a day for up to six weeks increases brightness about two shades, says Heidi K. Hausauer, D.D.S., a dentist in Castro Valley, California. "It's great," she says. "My whole staff has done it."

Q. Why is baking soda now in some toothpastes? Does it help fight tartar?

Baking soda, an abrasive, helps remove stains and can temporarily lower the mouth's acidity, making it tough on acid-loving, cavity-causing bacteria. But baking soda does not reduce tartar. The only way to remove hardened plaque on teeth is to have a dentist scrape it off. (Tartar-control toothpastes have been found to help break down tartar deposits left on your teeth.)

Baking soda is added to toothpastes because it makes your mouth feel clean. Dentists hope that good feeling motivates people to brush longer and more regularly.

"The type of toothpaste is not that important as long as it contains fluoride—and you use it," says dentist Gordon Isbell, III, D.M.D., of Gadsden, Alabama.

Q. Can drinking lots of soda cause cavities?

Yes. The sugar in soda is a primary source for cavities. Bacteria in your mouth feeds on sugar and makes an acid that dissolves tooth enamel, which eventually causes cavities. Diet sodas, which have no sugar but contain acids, are not entirely safe.

Dr. Isbell has treated college-age patients whose dental enamel was weakened and worn. "When I asked them how many diet colas they drank in a day, they'd say seven or eight," he says. Dentist Howard S. Glazer, D.D.S., of Fort Lee, New Jersey, and president of the Academy of General Dentistry, says rinsing with water right after drinking a soda cuts the acid's strength in half.

Q. What are dental sealants, and how effective are they?

Sealants are thin plastic coatings painted onto the back teeth, where two-thirds of all cavities form. The pits and grooves of molars make for great food and plaque traps. Sealants stop bacteria from getting inside the grooves and can be 100 percent effective in preventing cavities.

They are effective, however, only on the sealed surfaces; you still have to brush and floss regularly to prevent cavities between your teeth.

Sealants, which typically last five to 10 years before wearing out, are usually placed on children's new permanent teeth. Only 7.6 percent of school-age children have sealants, and price may be the reason. Sealants can cost between $18 and $45 per tooth and may not be covered by your insurance.

Q. Are dental X-rays harmful to my body?

Dentists rely on X-rays to reveal cavities between teeth, infections in the bone, abscesses, cysts, abnormalities, impacted wisdom teeth, and even some types of tumors. Certainly, radiation in large doses is harmful, but the amount you receive in the dentist chair is small.

"You get more radiation from 30 minutes of watching a color TV than from four bitewing X-rays," says Dr. Isbell. Bitewing X-rays are the ones that show crowns of several upper and lower teeth at once.

Dentists often refrain from ordering X-rays if they can refer to current pictures from other dentists. They usually take bitewing X-rays every six months or once a year. Whole mouth X-rays are generally taken once every four years.

Most dentists minimize radiation by using lead aprons, focusing the beam on only the area needed to be examined, and by using the fastest X-ray film available. A new dental imaging system uses an X-ray sensitive computer chip to take pictures emitting only 10 percent of the usual radiation dosage.

Q. Why do a woman's teeth and gums often hurt during menopause?

During menopause, when estrogen levels drop, women may experience a dry mouth, burning sensations, an altered sense of taste, and extreme sensitivity to hot and cold. Their gums also may become inflamed, hurt, or bleed.

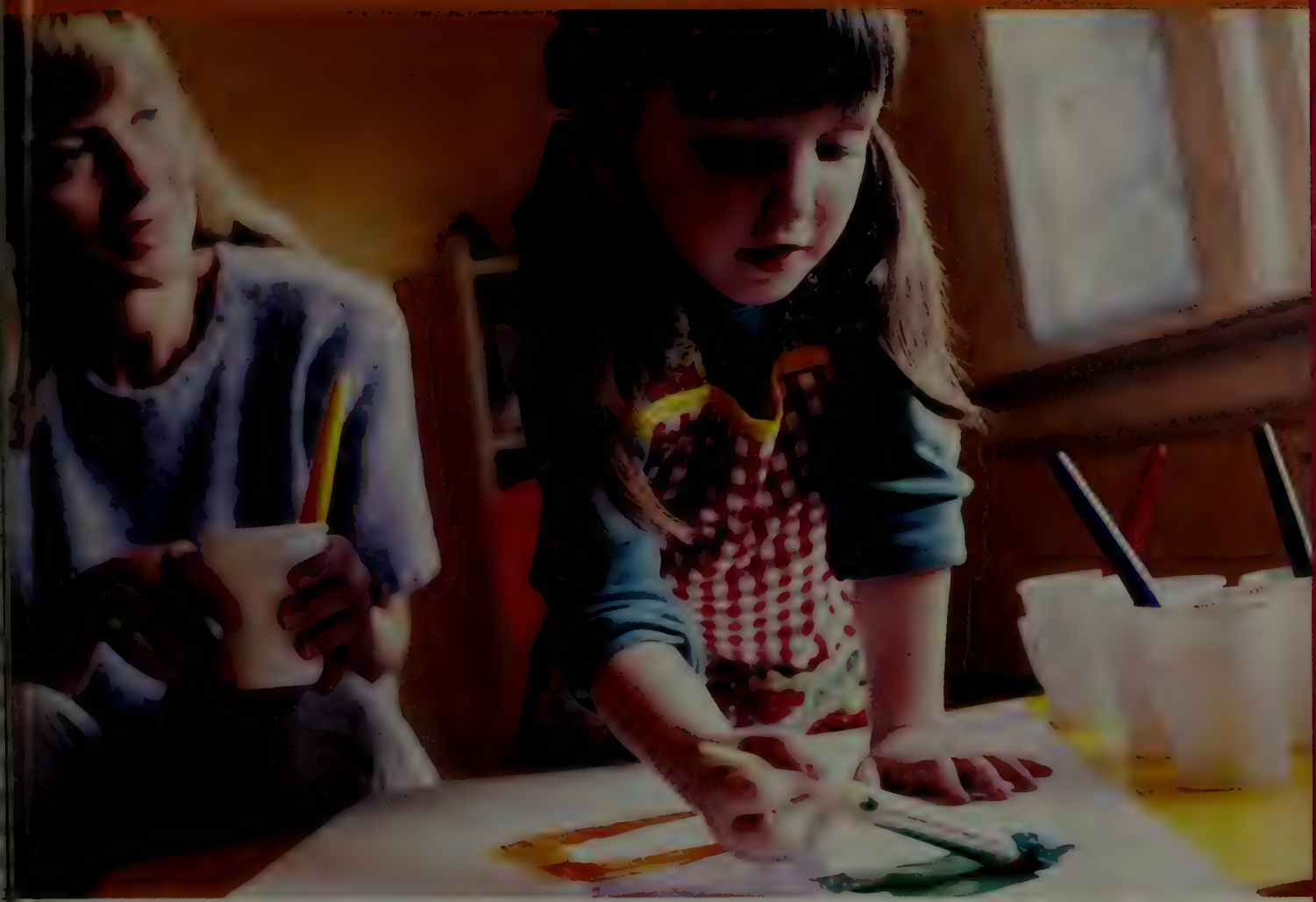
Estrogen supplements can provide relief for some people, says Barbara J. Steinberg, D.D.S., of the Medical College of Pennsylvania and Hahnemann University. She also recommends frequent visits to the dentist for cleanings and a saliva substitute to lubricate a dry mouth. Pharmacies sell saliva substitutes in several forms, including sprays. Drinking water or chewing sugarless gum or candy also can help.

Q. How can I tell if I'm grinding my teeth at night?

If you wake up with a headache and sore jaw muscles, you may be a tooth grinder. Another sure sign is if your partner elbows you in the ribs in the middle of the night. "The sound of teeth grinding can be really grating on the nerves," says Dr. Glazer.

Teeth grinding, or bruxism, is often related to stress. It also can be caused by crooked or missing teeth or by something that causes an abnormal bite, such as a high spot on a molar.

To diagnose bruxism, dentists look for flattened spots on the teeth. Treatment includes smoothing down those high spots and behavior modification for stress reduction. Your dentist also may recommend a mouth guard or a custom-made splint to be worn at night. These prevent teeth from coming together, which interrupts the grinding and gives muscles a chance to relax.



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JANUARY 1996

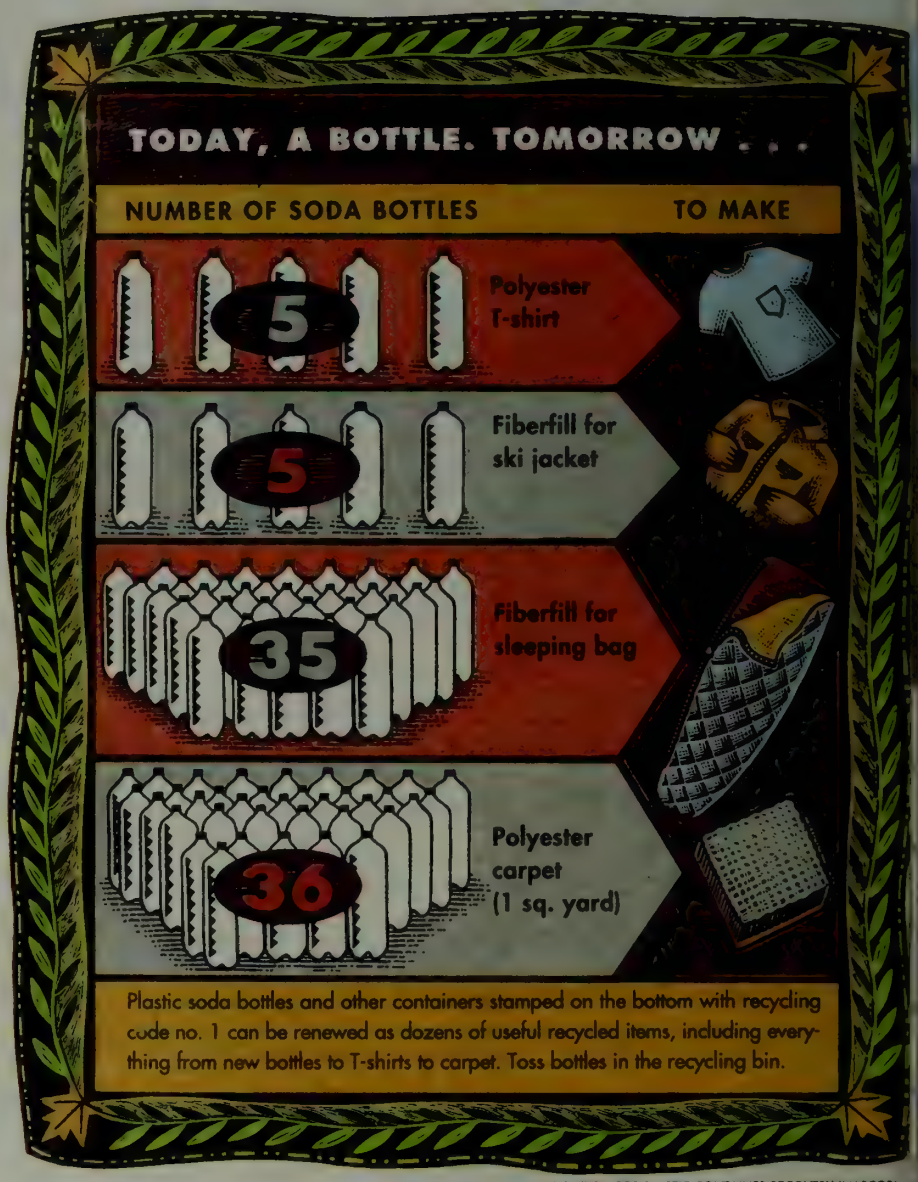
FABRICS GO POP

It sounds like the setup for a silly punch line: How many 2-liter soft-drink bottles does it take to cover a sofa? But the answer is no joke. It takes 200 bottles.

Recycled plastic bottles are now being transformed by Wellman, Inc., into Fortrel EcoSpun fiber. The bottles are sorted, cleaned, purified, chopped, melted, and extruded to create a soft polyester fiber. This material is then woven into such fabrics as EcoSpun Velvet, a sensuously smooth upholstery for sofas and chairs from The Glenn Street Studio of Malden Mills Industries, Inc.

Patterns focus on traditional and botanical themes, such as leaf, floral, damask, and tapestry looks. The velvets are priced from $12 a yard.

In addition to upholstery, recycled-plastic fabrics are also being widely used by garment makers. Since EcoSpun production began in 1993, more than 2 billion bottles have been recycled for use in sportswear, denim, thermal underwear, and other items.



SOURCE: NATIONAL ASSOCIATION FOR PLASTIC CONTAINER RECOVERY (NAPCOR)

DO YOU KNOW?

A dot made with a sharp pencil measures about 200 microns. But pollen measures less than 10 microns, and some dust particles are as small as .01 microns. How can you defend your home against these tiny air pollutants? Replace ineffective $1 fiberglass furnace filters with $25–$100 electrostatic air filters available at home centers. Better yet, check with a heating-and-cooling company about adding a high-efficiency, pleated-media or electronic air cleaner to your home's system.

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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips with other readers.

NO MORE LOST PENCILS

To avoid misplacing pencils on top of a cluttered workbench, glue a block of polystyrene foam plastic in a back corner. A piece of packing material about 2×4×6 inches is about right. Stick pencils into the rigid foam like pins in a pincushion.

William R. Brunyate
Marietta, Ohio

EASY PAINT STRIPPING

One way to save money when remodeling a kitchen is to strip paint from cabinet hinges and handles rather than buy new ones. After boiling smooth metal hardware rapidly in an old pan for about 15 minutes, paint will peel back and can be easily removed.

Dolores Pizzetta Fountain
Biloxi, Miss.

TOOL POUCH

Hikers and skiers strap fanny packs around their waists to keep small gear handy. Try the same thing around your house. Fill a fanny pack with an assortment of light tools, such as screwdrivers, a tack hammer, and a measuring tape. Also include some nails, screws, and hooks. The next time you hang a picture or put up a curtain rod, you'll be prepared.

Dawn Nguyen
San Diego, Calif.

A FINE LINE

Caulking around a bathtub or alon a kitchen backsplash can be tricky joints are extremely narrow. Whe you need thin lines, try caulkin with plastic cake-decorating bag instead of a caulk gun. Poke a tin opening in the bag's tip to allo tightly controlled caulking.

Carolyn Phela
Colorado Springs, Col

STICK TO IT

A piece of sticky tape—faceup—is convenient landing spot for nut bolts, brads, and other small part when working on projects that re quire disassembly. During reassem bly, each piece is readily availabl and laid out in proper sequence.

Barbara Russe
Tryon, N.C

BUFF TO A SHINE

When shoes need a quick shine, tr buffing them with fabric-softene dryer sheets. Polish briefcases, suit cases, and other leather goods wit dryer sheets, too.

Florence Palme
Marshall, Il

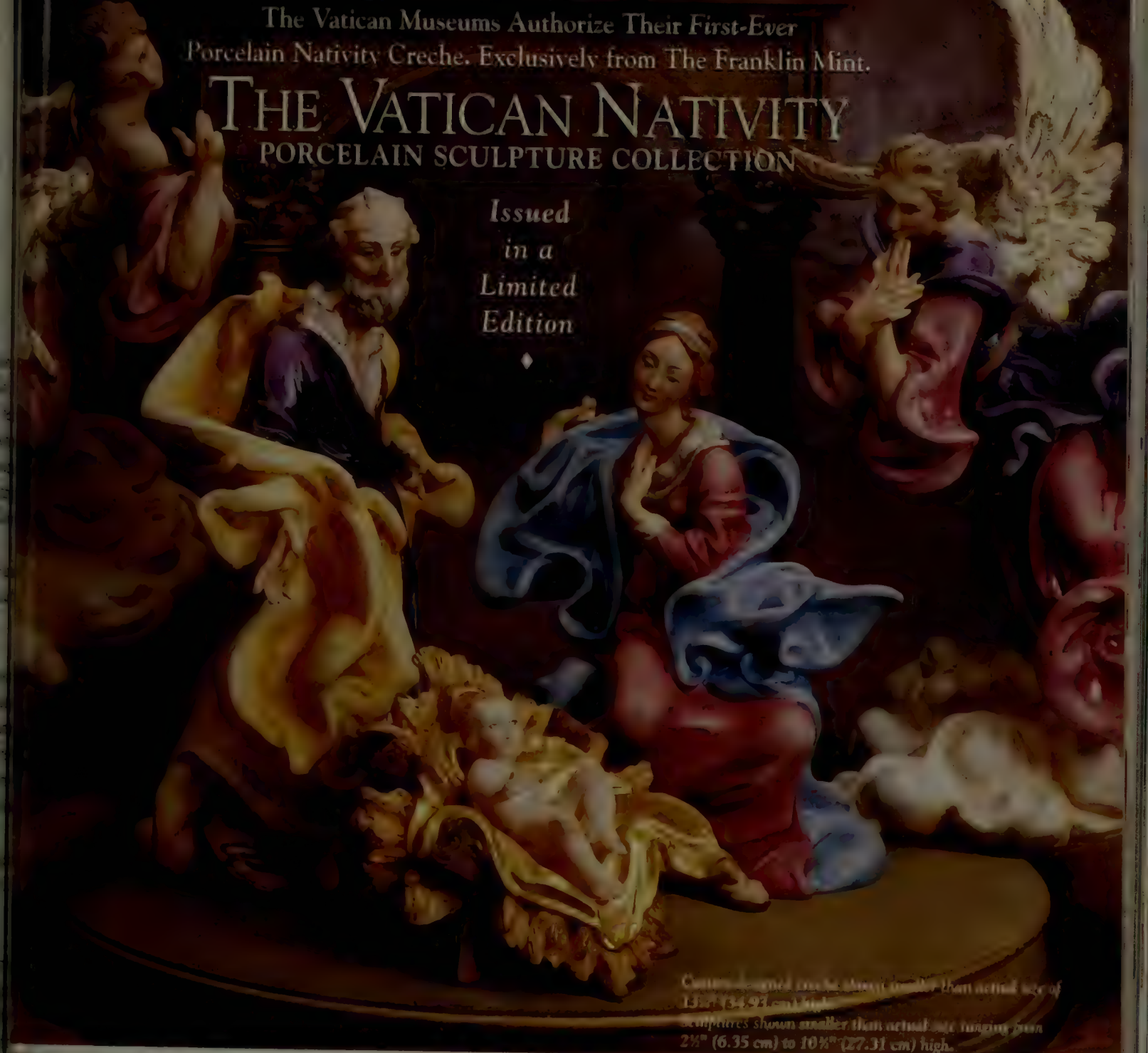
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health update

NEWS THAT WORKS FOR YOU

LIGHTEN UP THIS WINTER

As the cold and dark days of winter linger, do you find yourself consistently oversleeping, craving carbohydrates, and gaining weight? If so, you could have Seasonal Affective Disorder or SAD.

The ailment, a form of clinical depression, happens only when the days get shorter. The seasonal change in sunlight throws off some people's body clocks, making them withdrawn, anxious, and lethargic. Symptoms vanish once spring arrives.

Although doctors don't know why people get SAD, they believe light deprivation plays a major role. Doctors have found that exposing patients to bright fluorescent lights (about 12 times greater than ordinary room light) for about two hours a day helps relieve symptoms.

If you think a lack of sunlight has a negative effect on you, try going on daily walks. Stroll on your lunch hour to catch the noonday sun. Or set a timer for a bedroom light to turn on early in the morning. Aerobic exercise also can help. If possible, vacation during winter months to a warm, sunny place.

For more information about SAD, ask your doctor or call the National Foundation for Depressive Illnesses at 800/239-1297.





New Child-Safety Lids Are Here

Child-resistant lids that should be easier for adults to open are starting to appear on store shelves. Products such as Scope, Aleve, and Listerine already use new tops, and thousands more will follow.

The U.S. Consumer Product Safety Commission last summer changed the makeup of its consumer test panel for the Poison Prevention Packaging Act of 1970. The commission replaced younger adults with older adults, ages 50 to 70. The panel's decisions affect packaging for most products covered under the act, including pharmaceuticals and household cleaners. Aerosol containers and things packaged in metal are exempt.

Because the commission can't tell manufacturers how to design child-resistant packaging (it can only set performance standards), you'll see a variety of styles in stores. The new packaging should reduce the number of people who transfer prescription drugs to other containers, and the number of people who leave lids off because they're too difficult to open, says chairman Ann Brown. "The new procedures are technically feasible, practicable, and will protect our children," she says.

continued on page 64



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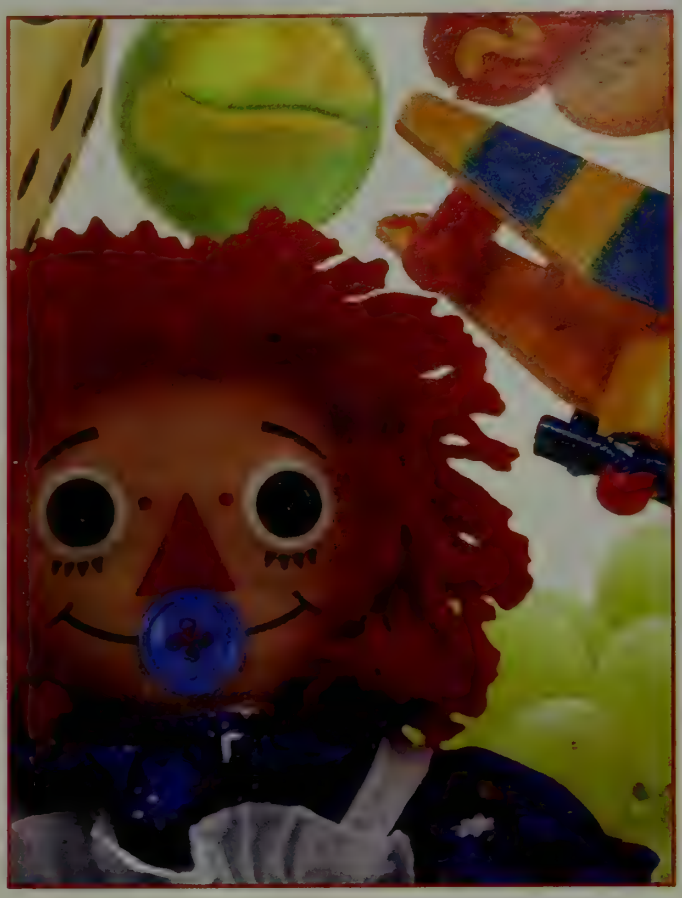
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Health Update

continued from page 62



CLEARING THE AIR FOR KIDS

Every year, 1,000 children choke to death. The most commonly swallowed items by preschoolers are peanuts, hardware, and plastic toy parts.

A two-year analysis of 119 hospital emergency rooms found 1,130 choking cases involving children under three. The average age was 23 months, and more than half of the patients were boys. The most common place of injury was in the home. To make sure your children aren't at risk, Anthony Ascioti, M.D., president of the New York State Society of Anesthesiologists, suggests the following:

- Keep grapes, whole-kernel corn, hot dogs, sausage, nuts, and round candies away from children under 2½.
- Make sure kids eat at the table, not lying down.
- Try to prevent children from stuffing food into their mouths. Make mealtimes quiet and relaxed.
- Don't let children play with small objects. The Consumer Product Safety Commission says children under three shouldn't handle anything smaller than 2¼ by 1¼ inches by 1¼ inches.
- Learn the Heimlich maneuver to expel objects.

A Bladder Problem You Can't Ignore

As many as 500,000 people—mostly women—have interstitial cystitis and may not know it. This chronic bladder disorder is commonly mistaken for a simple bladder infection and can lead to incorrect treatment and years of discomfort.

Interstitial cystitis, also known as painful bladder syndrome, is when the bladder wall becomes inflamed or irritated. Symptoms include decreased bladder capacity, an urgent need to urinate often (day or night), feelings of pressure or pain around the bladder and pelvis, and painful sex. No one knows exactly what causes it.

Because there is no cure, treatments such as behavior modification and medication help reduce the severity of symptoms. Many patients find relief by eliminating foods from their diet that can irritate the bladder or those with a high degree of acidity, such as citrus fruits. In most cases, surgery is not required.

The National Institute of Diabetes and Digestive and Kidney Diseases has written a new pamphlet on interstitial cystitis. For a free copy, write to: IC Booklet-BHG, National Kidney and Urologic Diseases Information Clearinghouse, 3 Information Way, Bethesda, MD 20892-3580.

HEALTH ALERT

"I TAKE THEE TO GIVE ME HYPERTENSION"

Your marriage may be causing your blood pressure to rise. In a study of how job status, job stress, and marital status affect blood pressure, James A. Blumenthal, Ph.D., a professor of behavioral medicine at Duke University, found that married women have higher blood pressure levels than single women.

Blumenthal studied 99 hypertensive men and women, 29–59, at home and at work. As expected, he found that regardless of gender, blood pressure was higher at work than at home. He also discovered that women with high job stress had higher blood pressure than women with low job stress, and that married women had higher blood pressure at home and at work than single women.

"One possibility," Blumenthal says, "is that women have multiple roles and demands on them, which may produce a greater total workload."

There were no differences between married and single men. Men with low job status and single women had the lowest blood pressure. Researchers plan a follow-up study that they hope will explain the disparity.

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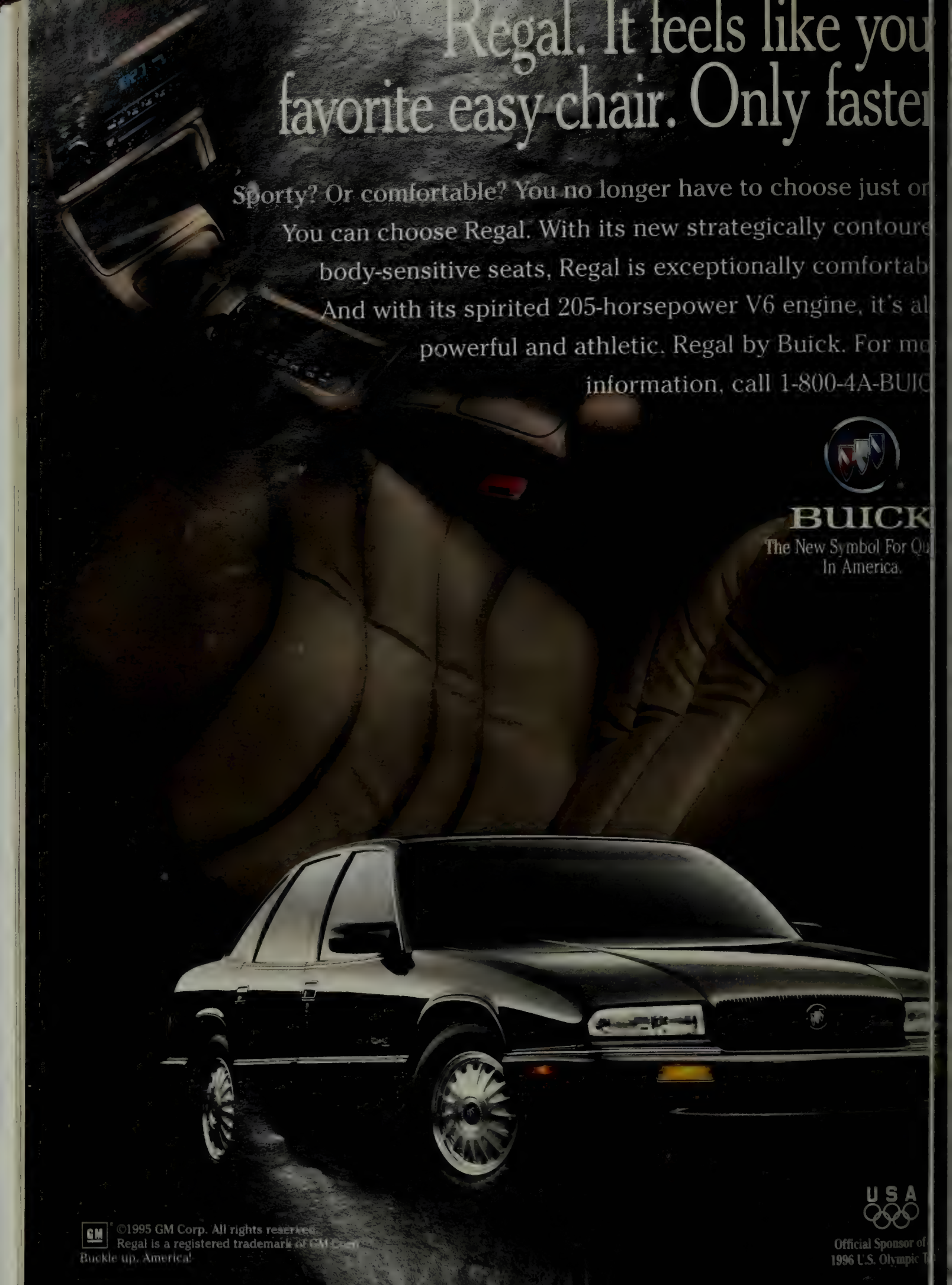


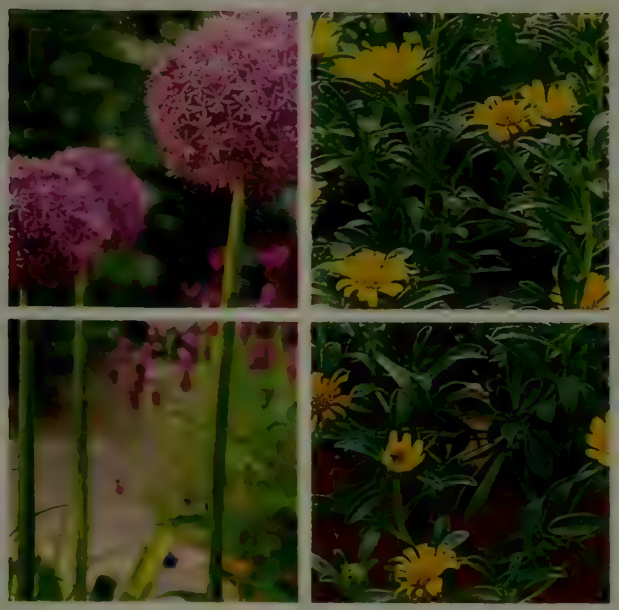
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our picks 1996



by Mark Kane

As gardening catalogs fill the mailbox and winter gives way in your imagination to a glorious spring, it's time to choose the plants you'll add to the garden this year. From proven performers to promising newcomers, from ground covers to trees and annuals to perennials, here are our picks for 1996—garden-worthy beauties both new and old to brighten every corner of your yard.

our *picks*



All-America Roses

Two new roses for 1996 caught our eye by their performance in the BH&G Test Garden. *Above*, Carefree Delight, a relaxed 5-foot shrub rose, covers itself with dainty 1-inch single pink flowers. *Left*, Livin' Easy, a 4-foot-tall floribunda, blooms in clusters of two to five salmon-pink flowers, each up to 4 inches across. Both roses flower steadily from late spring through fall and grow well without any spraying to control leaf diseases. They won awards for 1996 from All-America Rose Selections.

PHOTOGRAPH: PETER KRUMHARDT



Blushing Petunia

Small flowers suit Fantasy Pink Morn petunia, *above*, to pots and the edge of the garden. A 1996 All-America Selections winner, it blooms from spring onward without pinching and stays under 1 foot tall.

White Bells

Pale flowers hang in clusters from the branches of Carolina Silverbell, a little-known native tree that's small enough for any yard. The show of spring bloom lasts up to three weeks.



A Bean with Style

Stems, leaves, pods, and flowers share the color purple on the Lab-Lab bean, *right*, a twining annual that can climb 15 feet by fall. Removing flower spikes as they fade will keep Lab-Lab bean blooming for months.



our *picks*

Fireworks

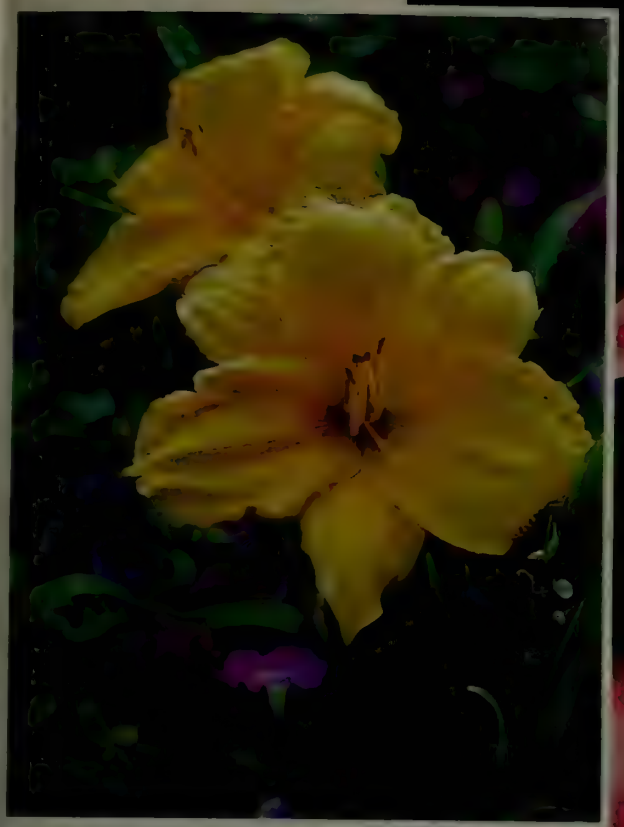
Globemaster, the showiest of all flowering onions, sends up 10-inch balls of flowers on 4-foot stalks. Plant it in fall for next spring. The strap-like leaves wither after flowering, so hide them with a late-rising companion such as geranium Johnson's blue.

Seeing Double

A 1996 All America Selections winner, Heavenly Lavender petunia, *below,* sports 2- to 3-inch flowers with twice the usual number of petals. It stands 1 foot tall, spreads 2 feet wide, and blooms from spring through fall.

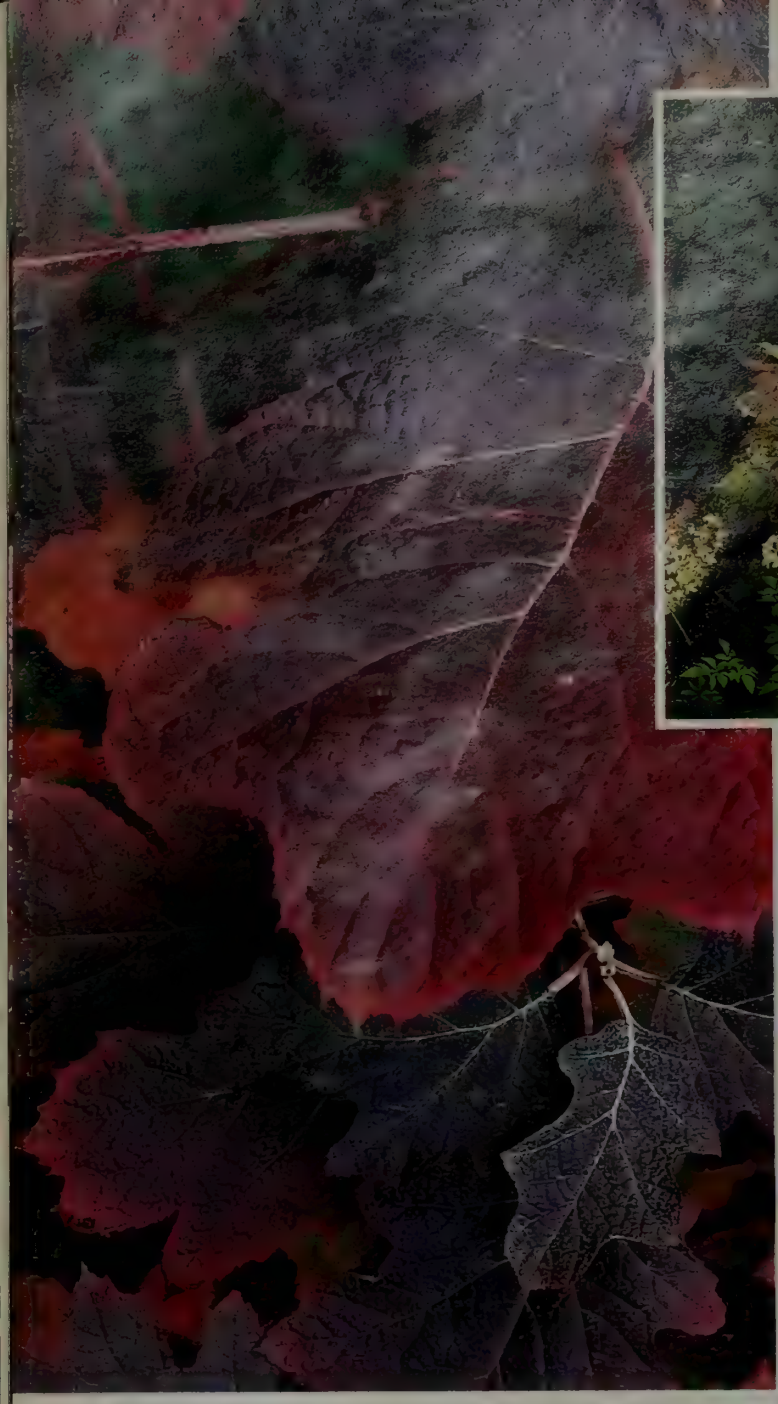


PHOTOGRAPH: MIKE JENSEN.
REGIONAL CONTRIBUTOR: TRISH MAHARAM



LONG-BLOOMERS

Though they're among the toughest and most reliable of perennials, daylilies have one drawback: most varieties flower for only a few weeks. Happily, a few bloom far longer, up to six months in the South and West, three months in the North. Here are two of the longest bloomers, both of them 1996 award winners from the All America Daylily Selection Council. Jen Melon, *above*, offers substantial 4- to 5-inch flowers. Persian Market, *right*, has equally large flowers and stays green year-round in the South, where it blooms for 160 days.

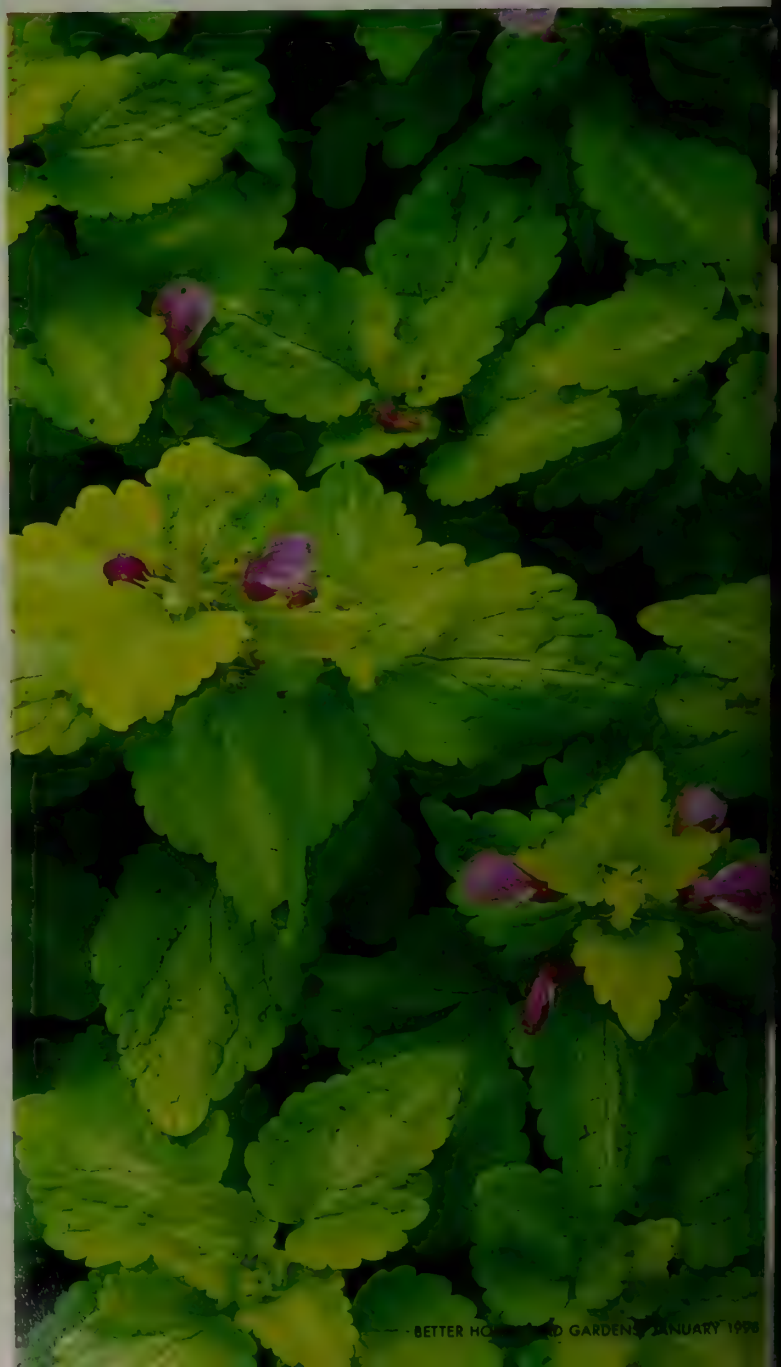




PHOTOGRAPH: MICHAEL S. THOMPSON

Two-Season Shrub

The native Oakleaf hydrangea, *left*, grows well in shade or sun, flowers in long pendant clusters from summer onward, and provides a blazing show of fall color, *far left*. It's one of the few deciduous shrubs that flowers well in shade.



our *picks*

Glowing Ground Cover

Lamium is a short, tidy spreader that lights up shady spots with color. The varieties White Nancy and Beacon Silver have bright, silvery leaves, while Aureum has pale green to gold leaves. Beedham's White, *right*, combines a green-gold leaf color with a pale midrib stripe.



Prizewinning Peony

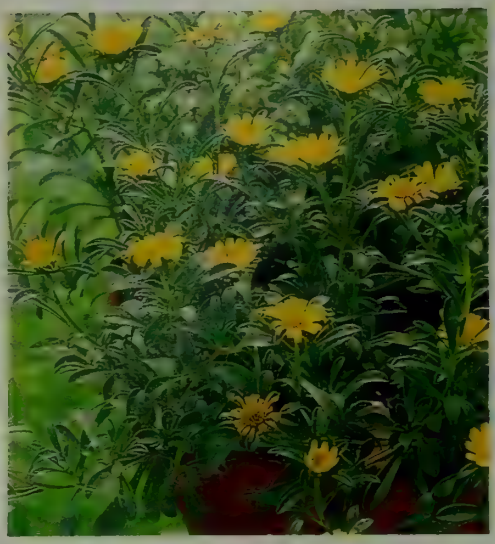
Many-petaled pink flowers float like clouds above the leaves of Pillow Talk peony, winner of the 1996 award from the American Peony Society. Peonies are among the most reliable and showy bloomers of all perennials, and the plants live for decades.

PHOTOGRAPH: J.C. ALLEN & SON

our *picks*

Container Gem

The marguerite daisy Butterfly, *right,* loves full sun, thrives in a pot, and blooms cheerily from spring through fall. It's sold as argeranthemum under the Proven Winners label at garden centers and retail nurseries.







Silver Perennial

The silvery stems of Russian sage, *left,* reach 4 feet tall by summer and make good foils for most flowers and all shades of green. The dusty blue flowers bloom all autumn. Also called perovskia, Russian sage is the Perennial Plant Society's 1996 Plant of the Year.

Nonstop Color

The spreading stems of the annual verbena Tapien Blue, *above,* add new flowers above the old nonstop from spring through fall. It likes full sun and grows well in containers. Along with a pink sibling, it's sold at garden centers and retail nurseries under the Proven Winners label.

Perpetual Tulip

Flowering after most of its kin in the tulip family, Tulipa Tarda, *right,* extends the tulip season by three weeks. A small, sun-colored species, it's tougher than most of the big hybrid tulips and comes back reliably year after year. As with all spring bulbs, you plant it in fall.



To order roses, trees, daylilies, plants, and seeds, see page 120

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CELEBRATE THE MOMENT



a little romance

warming up your winter haven

by Sandra S. Soria

Designer Cathlene "C.J." VanDaff didn't let a rental contract or a tight budget stop her from developing a warmer, more personal decorating relationship with her rooms. As with any good relationship, though, the first thing she did was seek out the right partner: an apartment in a stately Greek revival house instead of a cookie-cutter complex. Then, she put sizzle in the home's white walls and beige carpet with character-rich furnishings and creativity.



a little romance



Summer-dress florals and wicker relax this room's formal side for style without stuffiness.

"I love a neutral room," says C.J. "It can go any way you want to take it." Given her decorating druthers, the Michigan designer prefers a good romance. "I'm a hopeless romantic," she says. "I'm attracted to pretty, but not necessarily fancy, things. I gather what I love rather than what is expected."

Opposites attract like magnets in her decorative couplings. "I like the energy of contrasts, of pairing something rough with something more polished," she says. So porchy wicker sits aside a prim Chippendale love seat, putting her room, as well as her frequent friends, at ease. This marriage works best, according to the designer, when one piece is subtle and doesn't compete with the more colorful partner.

In this decorating love story, C.J. falls for vintage objects with a hand-touched feel: worn paint finishes, time-softened needlework, brightly mottled majolica, and mellow hooked rugs. She layers the rugs atop the carpet to define the seating group and break up the neutral ground. A word to the wise: When topping plush carpet with an area rug, select a heavy type, such as a hooked rug or an Oriental, then use furniture to anchor it.



Set against white walls and upholstery, expressive accents, from books to old woods, don't get lost in a clutter of pattern. "I want the big elements to showcase my special pieces," says C.J., "rather than compete with them."

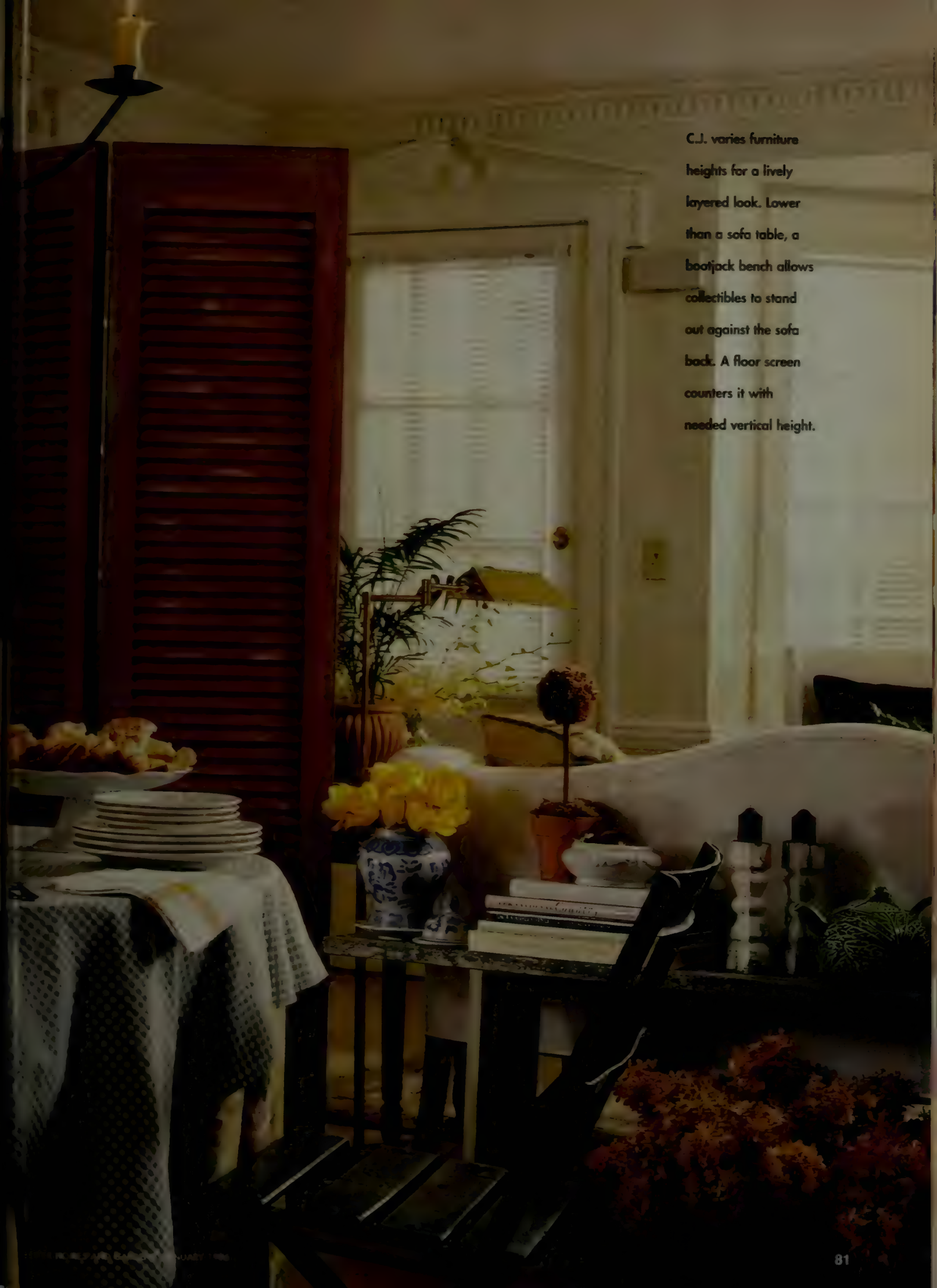
a little romance



C.J. prefers old paint to polished woods for the rich patina and character they give bland spaces.

Though an admitted romantic, C.J. has an obvious realistic side, choosing many of her furnishings for their practicality as well as their prettiness. A case in point: Hinged, flea-market shutters create a richly hued floor screen that breaks up the white walls and divides an open area into living and dining rooms. To balance the height of the floor screen on the opposite wall, C.J. invited in a tall, bright, and handsome step-back cupboard, one of her most prized finds. She brought home the rare primitive—complete with a coveted mouse hole—from a church sale for $50. "You have to check out all venues and keep your eyes open," says this seasoned sleuther, "because you never know where the deal will be." To make the piece even more of a focal point, C.J. fitted it with self-adhesive strip lights to showcase her majolica.

The dining table and chair set is another practical, checkbook-conscious furniture option. C.J. simply pulled up vintage, French iron garden chairs to a homemade table built from plywood and skirted in cleanable cotton fabrics. Easy-to-mix gingham tops a romantic floral print for a charming, wardrobe look.



C.J. varies furniture heights for a lively layered look. Lower than a sofa table, a bootjack bench allows collectibles to stand out against the sofa back. A floor screen counters it with needed vertical height.

a little romance



To warm a bland bedroom, C.J. planted references to a cottage garden, from fencing to fronds.

Both the fun and functional sides of C.J.'s style are on display in the bedroom and den of her two-bedroom apartment. The boxy rooms literally take on a new dimension with her creative furnishings. Salvaged from her brother-in-law's farm, a section of picket fence becomes a clever instant headboard when sandwiched between the bed frame and wall. Resting against equally simple white linens, a lineup of needlepoint pillows brightens her bed as delicately as a perennial border finishes off a stretch of lawn.

Next door, a tiny den lives big thanks to personality textiles and furniture. Attached to a strip of plywood with hook and loop tape, a bold antique quilt stands in for architecture. "I tried multicolored quilts," says C.J., "but they are way too busy. This large, two color piece opens up the space." The simple background allows C.J. to add pattern elsewhere, which she does with gusto by dressing a worn armchair in a mix of fabric remnants that have color in common. A drop-leaf table keeps books within reach or lifts to provide a surface for sewing or snacking.


Made over with pretty
fabrics in cosmetic
colors, a dull room
blushes with life.
A few bold accents,
rather than lots of little
stuff, add more
character than clutter.
THE TOTAL GARDEN



a little romance

By footing the bill and doing the work, C.J. was able to update a cave-like nook in her rented home. Light paint and paper air out the room and silhouette dark, painted antiques.

A kitchen nook is as eye-opening as a sunny morning thanks to airy wallpaper and simple cafe curtains that block out the street view but let in the light. C.J. also brightened the room by erasing a dark vinyl floor with a sandy stretch of sisal. The room's friendly, farmhouse furniture, including an 1850s double-door jelly cupboard, sums up C.J.'s charming style—a style that always extends an invitation to come on in and relax awhile.

Buying information, page 86

Here's one you haven't tasted before. Great flavor, less fat.



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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

BETWEEN FRIENDS

Page 13: Radius barstool, No. 13-6430, brushed nickel finish; **fabrics and accessories**—Ethan Allen; for a store near you call 800/228-9229.

INTERIOR DESIGN TRENDS

Page 21 (*left to right*): lingerie chest, No 06352-43, (Willow); **bed,** No. 06352-61 (Willow)—from the Directions Collection by Broyhill Furniture Ind.; for a retailer near you call 800/327-6944. **Chaise,** No. 1133-90; **chaise fabric,** "Encore Sandal" No. 2012-08; **pillow,** "Adire Sandal" No. 6026-08—Stanley Furniture Co., Inc., 800/622-1001. **Parlor tub chairs,** No. 742182 (Porch Lt. Green); No. 742195 (Porch Yellow); **highback bistro chair,** No. 740897 (English Green)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **Tree fabric,** "Uproot" (No. 12); **plaid fabric,** "Umbra" (No. 2) from the Underwood Collection—available to designers and architects from Covington Fabrics Corp., 15 E. 26th St., New York, NY 10010-1590; 212/689-2200. **Floral fabric,** "Kireen" (Adobe)—Simply Sophisticated Collection by Richloom available from Hart's for the Home, 2612 N. Blackstone Ave., Fresno, CA 93703; to order call 209/225-1548 or fax 209/225-1634.

Pages 22–23: wall covering border, "Hens" (Multi-Cowslip); **pillow sham fabric,** "Hens" (Multi-Cowslip)—Laura Ashley, 800/367-2000. **Bed,** No. 8108-25—from the Picket Fence Collection by Ridgewood Furniture Co., One Broyhill Park, Lenoir, NC 28633; 800/327-6944. **Windsor side chairs,** No. 14-6410 (Denim-667); (Wheat-214); (Cranberry-669) from the Country Colors Collection—Ethan Allen; for a retailer near you call 800/228-9229. **Rocker,** No. 702495 (Porch Yellow)—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **Cabot dresser shuttered mirror,** No. 4410—Elden Collections, a Div. of Country Affaire, Inc., 1551 E. Orangethorpe, Fullerton, CA 92631; 714/738-8424. **Provence teapot,** No. 0062090—The Zrike Co., Inc., 233 West Pkwy., Pompton Plains, NJ 07444; 201/616-1668. **Chest,** No. 7715 (White)—Sauder Woodworking Co.; for a retailer near you call 800/523-3987

Pages 24–25: oval cocktail table, No.11184-19 (White) from the Hudson River Views Collection—The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517-0151. **Console with mirror,** No. 405-972 (White)—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27292; for a dealer near you call 800/539-4636. **Innkeeper's bed,** No. 250-3845—Lineage Home Furnishings, 800/440-4663. **Bed sweater,** (Wheat)—Liz at Home; for buying information call 800/527-7522. **Duvet cover, bed skirt, and pillow shams,** "Sonantina" **pillow cases,** "Diamond Point" (Ecru); **sheets,** "Sateen Stripe" (Ecru)—Atelier Martex; for a retailer near you call 800/533-8229. **Raymond Waites wicker chair,** No. 7490-01 (fabric No. 3427-009)—Lane Venture, P.O. Box 849, Conover, NC 28613. **Rugs, (*left to right*):** "Richmond Rose" (Almond, C220); "Chester Square" (Buckskin, C340); "Laurel Park" (Meadow, C2100)—Milliken Carpets & Rugs; for a dealer near you call 800/241-8666.

Page 26: china, "Griffon"—Christian Dior, 41 Madison Ave., New York, NY 10010; 212/679-3169. **Clock chest,** No. 26911-318 (New Horizon finish); **rectangular lift-top cocktail table,** No. 26937-190, (Cypress Green finish) from the Bridges Collection—Thomasville; for a dealer near you call 800/225-0265. **Leather chair,** No. 060-206 "Geneva"; **ottoman,** No. 060-470 "Geneva"—La-Z-Boy; for a dealer near you call 800/625-3246.

BUILDING TRENDS

Page 33 (*center*): paint on porch floor, (Essex Green)—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862 (***Top left***): **oval window, art glass insert,** "Lotus"—Andersen Windows, Inc., P.O. Box 3900, Peoria, IL 61614; 800/426-4261. (***Bottom***): **Italian tile,** floral design with integral border, Piemme; **garland border tile,** Dado; **glass mosaic tiles,** Sicis; **striped tiles,** Bardelli; **floral border tile,** Musa; for more information, write to the Italian Trade Commission, 499 Park Ave., New York, NY 10021. (***Top right***): **lever door handle,** "Mediterranean Collection"—Schlage Lock Co., 2401 Bayshore Blvd., San Francisco, CA 94134. (***Center right***): **shingle style home,** "Holly Ridge" No. 218—Stephen Fuller, Design Traditions, 1200 Ashwood Pkwy., Ste. 250, Atlanta, GA 30338.

Page 34 (*center*): washer and dryer—Whirlpool Corp., 2000 US 33 North, Benton Harbor, MI 49022; 800/253-1301. (***Bottom left***): **curved faucet with cross handles,** "Award Collection" (Polished Brass)—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280. (***Top right***): **casement window and transom,** "ProLine"—Pella Windows & Doors, 102 Main St., Pella, IA 50219.

Page 36: (*top left*): light fixture, "Vodka Pendant"—George Kovacs, Inc., 6725 Otto Rd., Glendale, NY 11385. **(Center): laminated strip flooring,** "Natural Reflections"—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248; 800/722-4647.

OUR PICKS 1996

Page 68: All-America roses—both available from Edmunds' Roses, 6235 SW. Kahle Rd., Wilsonville, OR 97070; 503/682-1476; free catalog. **Livin' Easy**—J.W. Jung Seed Co., 335 S. High St., Randolph, WI 53957-0001; 800/247-5864; free catalog. Spring Hill Nurseries, 6523 N. Galena Rd., Peoria, IL 61632; 309/689-3800; free catalog. **Carefree Delight**—Jackson & Perkins, P.O. Box 1028, Medford, OR 97501; 800/292-4769; free catalog. (***Top left***): **AAS petunias**—Carroll Gardens, P.O. Box 310, 444 E. Main St., Westminster, MD 21157; 410/848-5422; catalog $3. Wayside Gardens, P.O. Box 1, Hodges, SC 29695-0001; 800/845-1124; free catalog. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 503/846-6963; catalog $3. (***Bottom left***): **Carolina silverbell**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 503/686-8266; catalog $3. Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478-9663; 503/746-3922; catalog $2. Woodlanders Inc., 1128 Colleton Ave., Aiken, SC 29801; 803/648-7522; catalog $2. (***Right***): **lab-lab vine**—Park Seed Co., P.O. Box 46, Hwy. 254 North, Greenwood, SC 29648-0046; 803/223-7333; free catalog. Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527-0308; 800/274-7333; free catalog. J.L. Hudson, Seedsman, P.O. Box 1058, Redwood City, CA 94064; catalog $1.

Page 70 (*top left*): globemaster onions—Daffodil Mart, 85 Broad St., Torrington, CT 06790; 800/ALL-BULB; free catalog. (***Bottom right***): **double petunia**—Daffodil Mart (address above).

Page 71: Persian Market daylilies—Greenwood Daylily Gardens, 5595 E. Seventh St., No. 490, Long Beach, CA 90804; 310/494-8944; free brochure. **Daylily Discounters**—One Daylily Plaza, Alachua, FL 32615; 800/DAY-LILY; catalog $2. **Jen Melon**—Oakes Daylilies, 8204 Monday Rd., Corryton, TN 37721; 800/532-9545; catalog $2. Meadowlake Gardens, Route 4, Box 709, Walterboro, SC 29488; 803/844-2545; catalog $2.

Page 72 (*bottom left*): lamium—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 919/967-0078; catalog $3. Whiteflower Farm, 30 Irene St., Torrington, CT 06790; 800/503-9624; free catalog. (***Top right***): **oakleaf hydrangea**—Carroll Gardens, Forestfarm, Woodlanders (addresses above).

Page 73: peonies—Caprice Farm, 15425 SW. Pleasant Hill Rd., Sherwood, OR 97140; 503/625-7241; free catalog. Klehm Nursery, 4210 N. Duncan Rd., Champaign, IL 61820-9559; 800/553-3715; free catalog. Wayside Gardens (address above).

Page 74 (*top left*): Margeurite daisy—sold retail as trademark Proven Winners. (***Top right***): **verbena**—retail only. (***Middle left***): **Russian sage**—Kurt Bluemel, 2740 Greene Lane, Baldwin, MD 21013; 410/557-7229; catalog $3. Carroll Gardens, Wayside Gardens (addresses above). (***Bottom***): **species tulip**—Daffodil Mart (address above). Van Engelen, 307 Maple St., Litchfield, CT 06759; 203/567-8734; free catalog.

A LITTLE ROMANCE

Page 77: chair slipcover fabric, "Beachcomber" No. 92890 (Off-White)—Schumacher; for more information call 800/332-3384.

Pages 78–79: chair slipcover and sofa fabric, "Beachcomber" No. 92890 (Off-White)—Schumacher; for more information call 800/332-3384. **Wicker chair cushion fabric,** No. 4605 (Color-9)—available to designers and architects from Artlee Fabrics, 516/681-9340.

Pages 80–81: table skirt floral fabric, No. 4605 (Color-9)—available to designers and architects from Artlee Fabrics, 516/681-9340. **Tabletop check fabric,** "Shenandoah Check" No. 57166 (Willow)—Schumacher; for more information call 800/332-3384. **Iron candelabra,** No. 8322—Crate & Barrel; available from the catalog only, 800/323-5461.

Pages 82–83: yellow check skirt fabric on chair, "Montfort Check" No. 161110 (Yellow)—Schumacher; for more information call 800/332-3384. **Plaid fabric on arm of chair,** "Sommerset" No. 609442 (Kiwi)—Waverly, 800/423-5881. **Floral fabric on ottoman,** "Houdan" DPX08298F (Pink)—for store locations write Pierre Deux, 870 Madison Ave., New York, NY 10021.

Page 84: wall covering, "Vegetables" (Multi-White); **wall covering border,** "Vegetables Border" (Multi-White); **table square fabric,** "Vegetables" (Multi-White)—Laura Ashley, 800/367-2000.

LAST MINUTE HOLIDAY IDEAS IN A TWINKLING

Page 92: cafe chair, from the Fleur de Lis Collection—Pier 1 Imports, 800/447-4371. **Organdy ribbon**—WFR Ribbon Incorporated/Mokuba; available at leading craft and fabric stores nationwide.

Pages 94–95: silverware, "Byzantine Gold Accent"—Yamazaki; for more information call 800/441-3675. **Organdy ribbon**—WFR Ribbon Incorporated/Mokuba; available at leading craft and fabric stores nationwide.

SLICES OF PLEASURE

Page 100: platter, "Allegretto"—Villeroy & Boch Tableware, 5 Vaughn Dr., Princeton, NJ 08540; 1/800-VILLERO.

Page 106: plates—Daniel Levy, 155 West 29th St., New York, NY 10001; 212/268-0878.

PRIZE TESTED RECIPES®

Page 123 (*right*): baking dish, "Basket Buffet"—Anchor Hocking, P.O. Box 600, Lancaster, OH 43130.

READER SHOPPING

Page 116: Celestial Cookie Stamps and Cutters Kit—Rycraft Inc., 4205 SW. 53rd St., Corvallis, OR 97333. Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974.

Page 120: Our Picks Seed Collection—J.W. Jung Seed Co., 335 S. High St., Randolph, WI 53957. **Our Picks Roses**—Jackson & Perkins, 2518 South Pacific Hwy., Medford, OR 97501. **Our Picks Daylilies**—Oakes Daylilies, 8204 Monday Rd., Corryton, TN 37721. **Our Picks Perennial**—K. Van Bourgondien & Sons, P.O. Box 1000, Rte. 109, Babylon, NY 11702. **Our Picks Tree Seedling**—Forestfarm Nursery, 990 Tetherow Rd., Williams, OR 97544.

Architects & Designers

BUILDING NEWS FOR 1996

Pages 32–33 (*center*): Architect—Mark Finlay Architects, AIA, 1300 Post Rd., Fairfield, CT 06430. (***Center right***): **Architect**—Stephen Fuller, Design Traditions, 1200 Ashwood Pkwy., Ste. 250, Atlanta, GA 30338.

Page 34 (*top left*): Architect—Krafft & Krafft, Architects, 85 S. Washington St., Ste. 201, Seattle, WA 98104. (***Center***): **Design**—Ann Patterson, City Design, 208 Fourth St., West Des Moines, IA 50265.

A LITTLE ROMANCE

Pages 77–84: Interior design—Cathlene "C.J." VanDaff, Allied Member ASID, Senior Project Designer, The Frey Co., 820 Monroe, NW, Suite 5, Grand Rapids, MI 49503; 616/456-1220.

LAST MINUTE HOLIDAY IDEAS IN A TWINKLING

Pages 92–98: Design and styling—Jim Williams.

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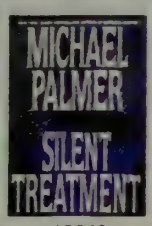
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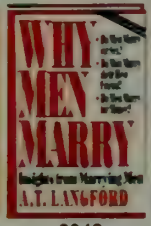
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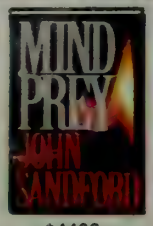
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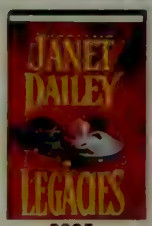
7153
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*3012
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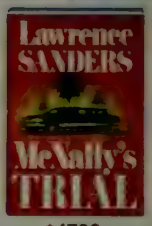
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3285
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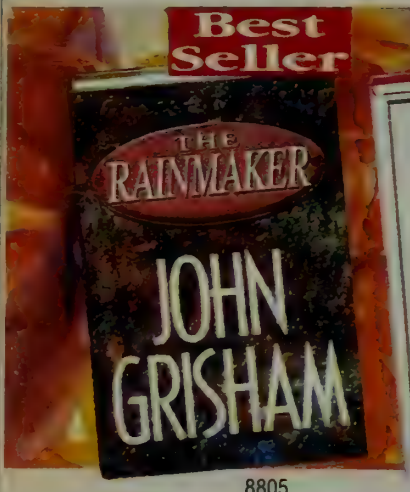
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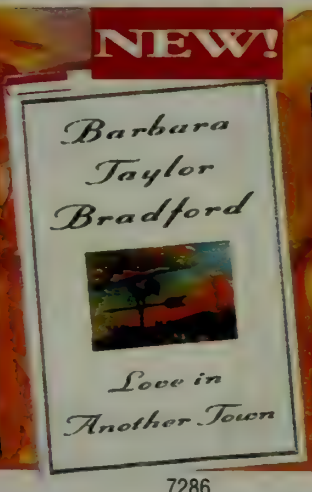
*4796
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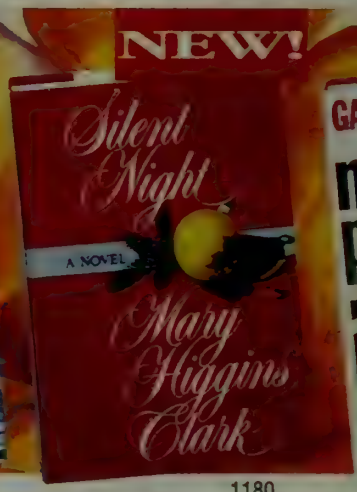
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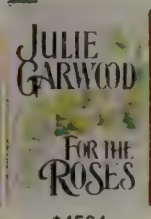


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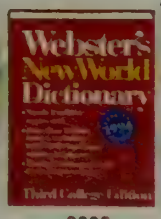
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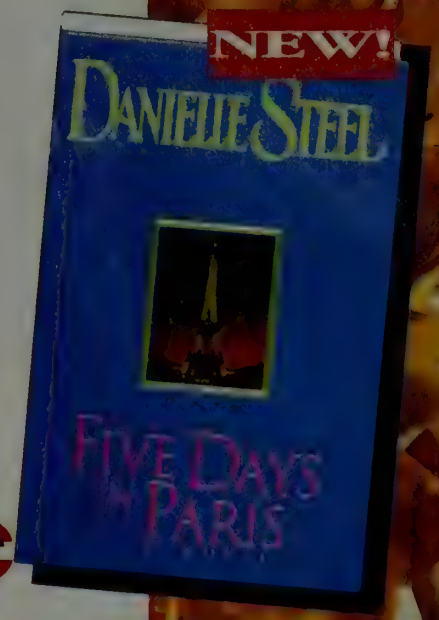


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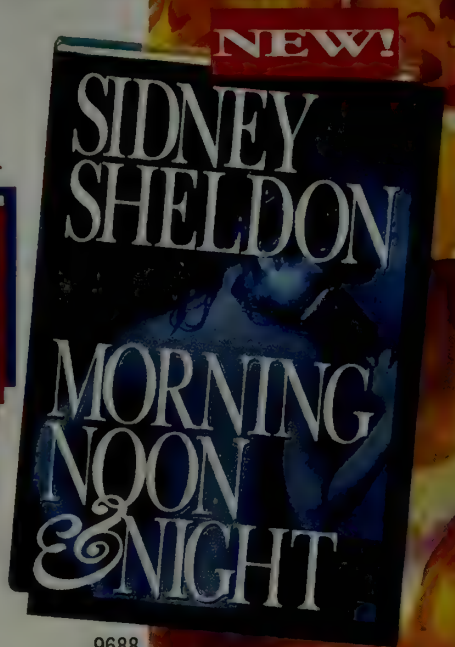
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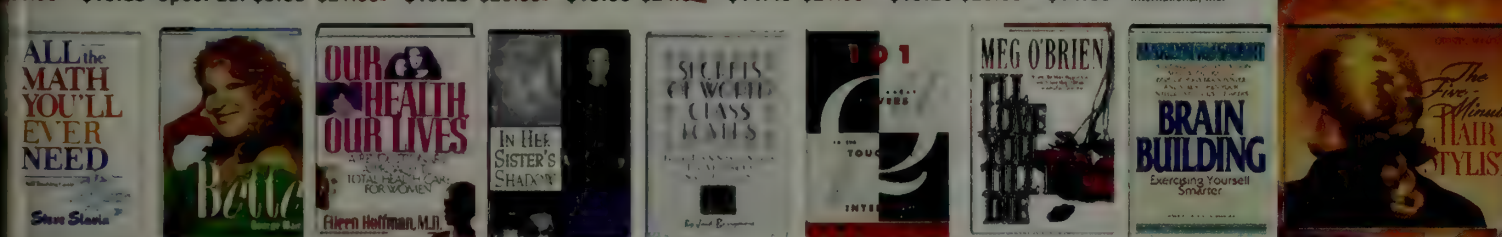


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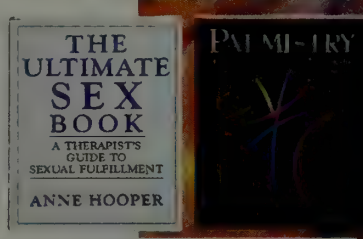


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the last minute holiday

Ideas in a twinkling. It wouldn't be so bad if Santa were the only one coming to town. But a sleighful of family and friends and a host of neighbors are on the way, too? Even though time is short, you can still make the season bright with very little skill and our easy tricks.

Dress your dining chairs for the occasion. Simply drape two to three yards of wispy tulle (found in bridal departments of fabric stores) over the back of a chair. Then cinch the dressing at the "waist" with a sheer organdy bow or your favorite ribbon.

→WE KNOW YOU SHOULDN'T SPOIL CHILDREN. BUT NOBODY SAID ANYTHING ABOUT SPOILING PARENTS.←





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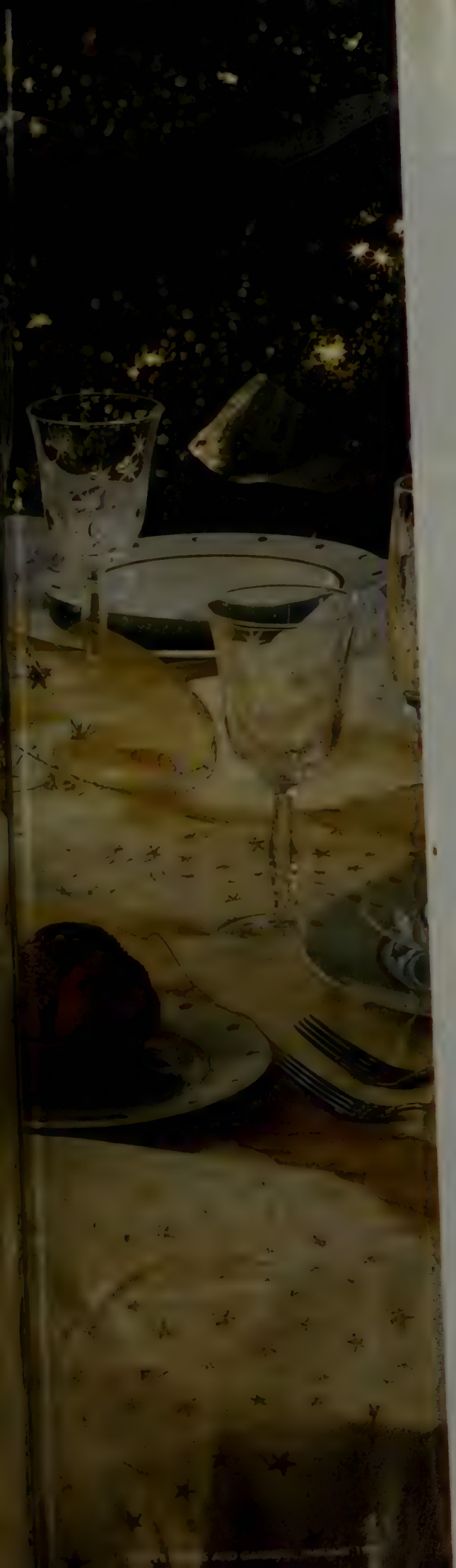
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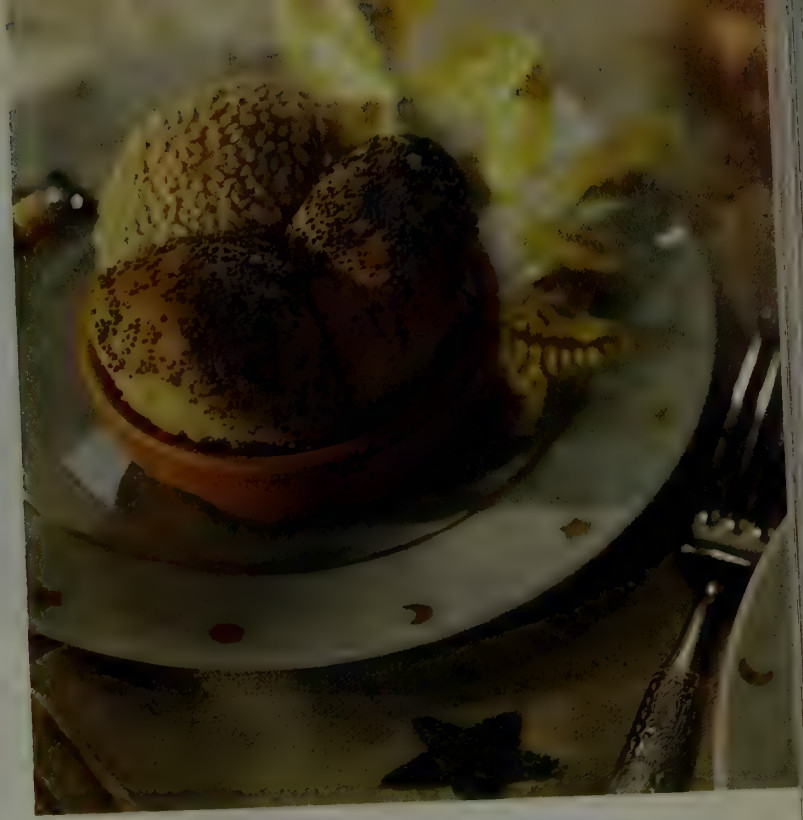
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the last minute holiday







Reflect the beauty of the season. A muslin-draped table serves as a soft and subtle backdrop for a shimmering centerpiece that offers the romance of a moonlight skating rink. To create it, place a plain or gold-framed oval mirror in the center of the table. Pile it high with lightly scented candles, soft peach-colored roses, lilies (place stems in floral vials to keep them fresh), crisp red apples, and silver star garland. After the table is set, weave a little magic over the entire scene with star-studded and sheer ribbons strewn around the place settings and centerpiece. **Bake individual, flower-pot breads.** Roll thawed frozen dough into three one-inch balls, then place them in a lightly greased terra-cotta saucer. Brush the dough with egg white and sprinkle the tops with sesame and poppy seeds. Let the dough rise, then bake according to package directions. **Develop some photo place cards.** Slip a photo of each of your guests into a frame, then use them as place cards. If old snapshots aren't available, use current ones or Polaroid instant pictures taken as guests arrive.



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the last minute holiday





Plant miniature topiaries that last the year long. Make these tiny trees by the score, then give them away as parting gifts. Using a hot-glue gun, attach a six-inch plastic foam cone to the inside rim of a terra-cotta pot. The cone should fit just inside the pot, resting on the lip of the lower, narrower portion of the pot. Starting at the pot's rim and working your way up, glue decorative fruit and dried or silk flowers all around the cone, covering the foam as completely as possible. Add fresh, silk, or dried leaves to the fruit, filling in any empty spaces in the foam cone. If you want, add fresh or silk greens and holly to the topiary, giving it a festive feel. All the materials you'll need are available in the floral departments of crafts stores.

Monogram candles for yourself or as a gift. Lay a two- to three-inch-diameter light-colored pillar candle on its side, wedging it between two books. Drip colorful sealing wax onto the candle until the wax puddle is about the size of a quarter. Press a seal into the wax. After the wax cools, reprint the seal with ink from a stamp pad, or rub ink onto the seal with your cloth-wrapped finger.

continued on page 98

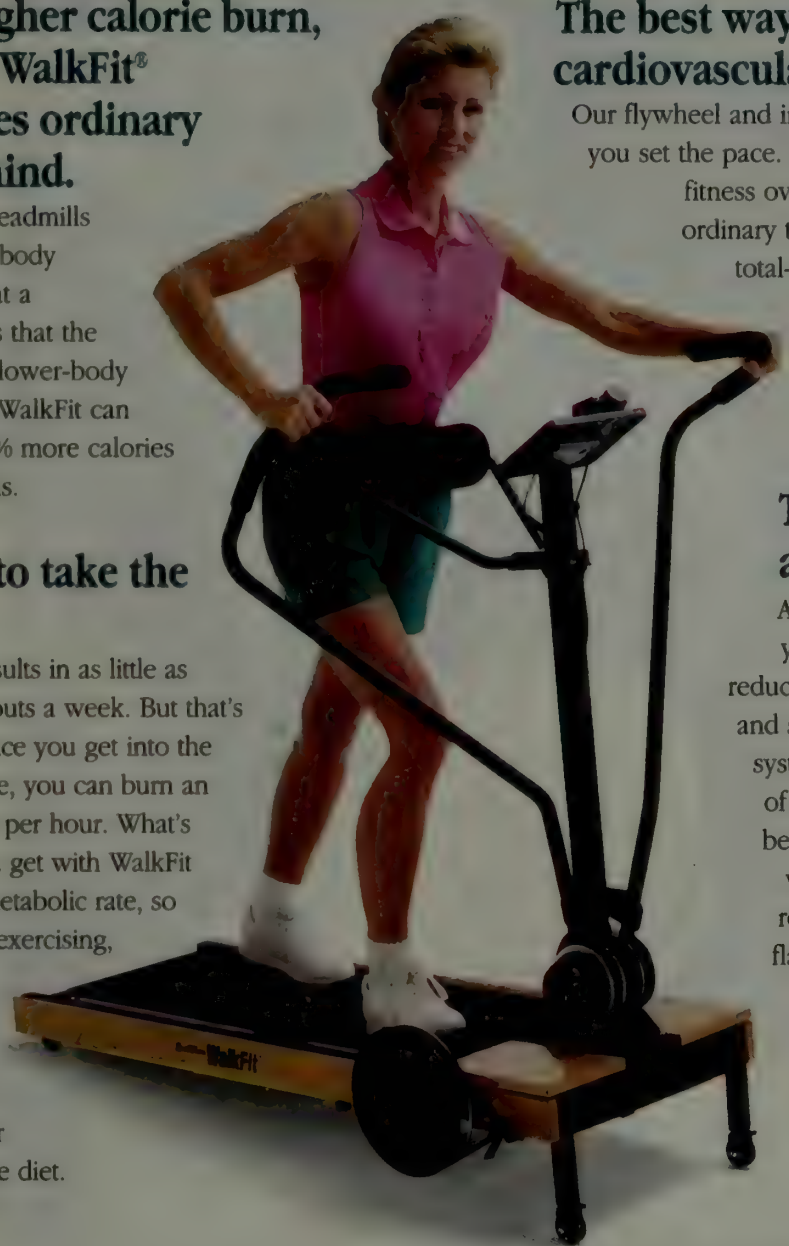
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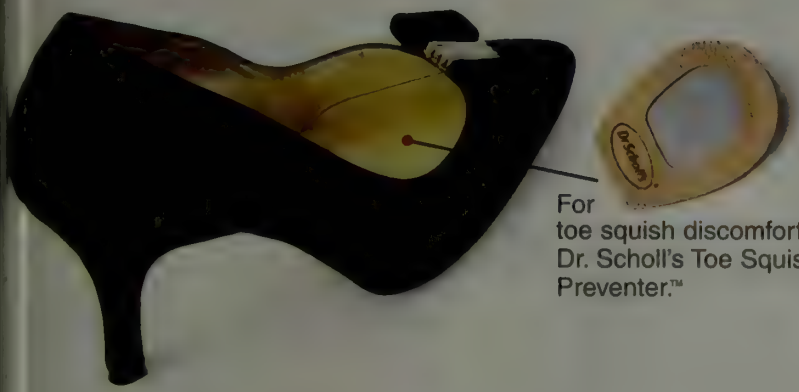


the last minute holiday

Create a pretty party paradox with fire and ice. A thick layer of ice freezes holly at its peak and reflects the warm glow of a candle. Center a two-inch-diameter pillar candle in a clean half-gallon milk carton. Stuff holly around the edges, using it to center and hold the candle. Fill the carton with water, making sure the wick is well above the edge of the carton. Freeze the carton until it is solid. To remove the paper, dip the carton in warm water and peel it away. Keep the candle frozen until just before serving time. Prepare for meltdown by setting the candle in a shallow bowl or tray, then cluster fresh holly around the base.

Buying information, page 86

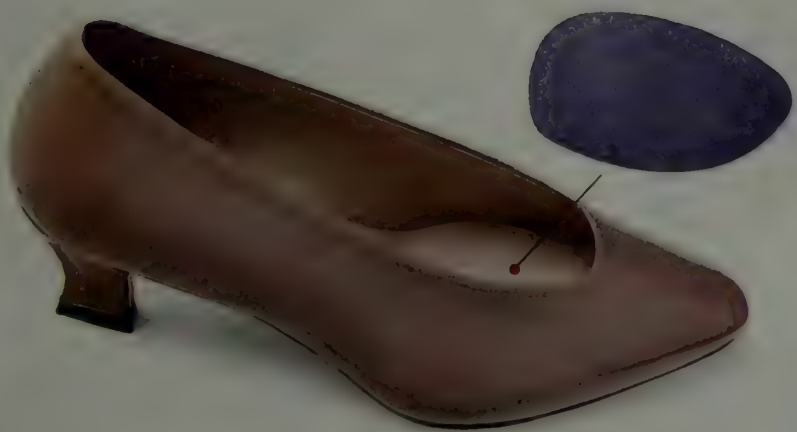
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Our Best RECIPES

This month, you'll find:

Slices of Pleasure *p. 102*

Celestial Cookies *p. 108*

Readers' Prizewinning Recipes
Winter Fruit Desserts
Healthful Pastas p. 123



Ginger-Pear Tart p. 110

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Life is sweet

slices *of* pleasure

It's time for dessert! When you make that announcement, you want to have something pretty spectacular to serve. Your friends and family will delight in any one of the sweet creations in this collection. From the impossibly light to the deservingly decadent, they are all elegant, sophisticated, and artful. That's why each slice is pure pleasure, each bite, sheer delight.

by Julia Malloy





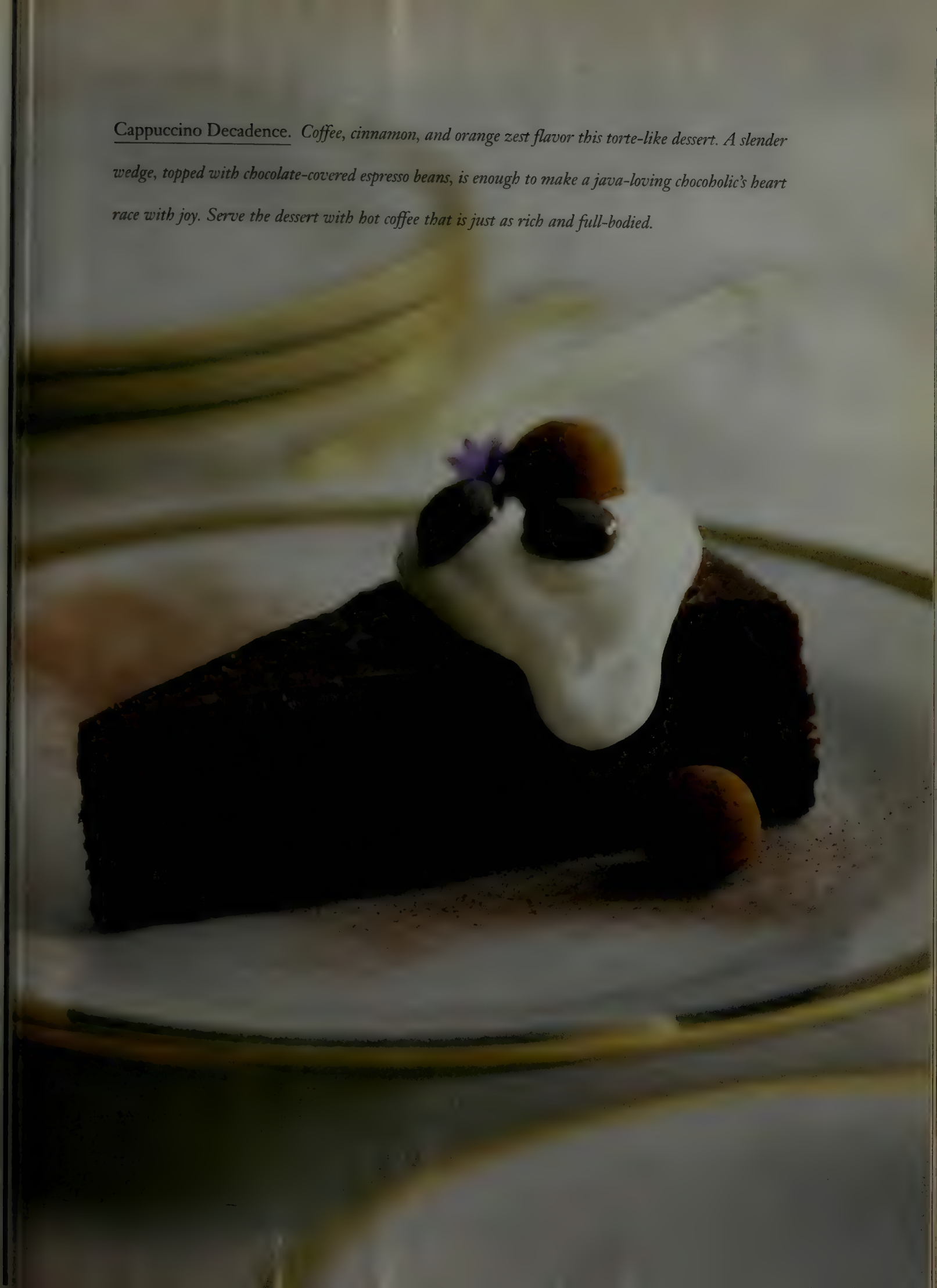
Tropical Phyllo Tart; Citrus Angel Cake. *These sweets and their sunny flavors bring light and warmth to the chill of winter. The jewel-toned tart showcases tropical fruits inside a crisp, golden phyllo crust. The light-as-air angel cake surprises with the refreshing flavor of lime, lemon, or orange. Let the sun shine in!* Recipe begins on page 122.

slices *of* pleasure



Chocolate Truffle Dessert. *You can tailor the whimsical shapes of this chocolate pâté to fit the occasion. For New Year's Eve, wish on a star; for Valentine's Day, be true to hearts. No matter what the form, you'll melt over each creamy, dreamy bittersweet bite.* *Recipes begin on page 114.*

Cappuccino Decadence. *Coffee, cinnamon, and orange zest flavor this torte-like dessert. A slender wedge, topped with chocolate-covered espresso beans, is enough to make a java-loving chocoholic's heart race with joy. Serve the dessert with hot coffee that is just as rich and full-bodied.*



slices of pleasure



Almond Brickle Cheesecake. *America's favorite dessert scores with a triple brickle boost. Crunchy toffee candies dot the filling, the crust, and the top of this cheesecake. Under the broiler, the brickle topping melts into a caramel glaze that hardens on cooling, like a crème brûlée.* *Recipe begins on page 117.*

Buying information, page 86

"WATCH ME MAKE A CHICKEN DISAPPEAR."

JUST SAY ABRACADABRA, HONEY

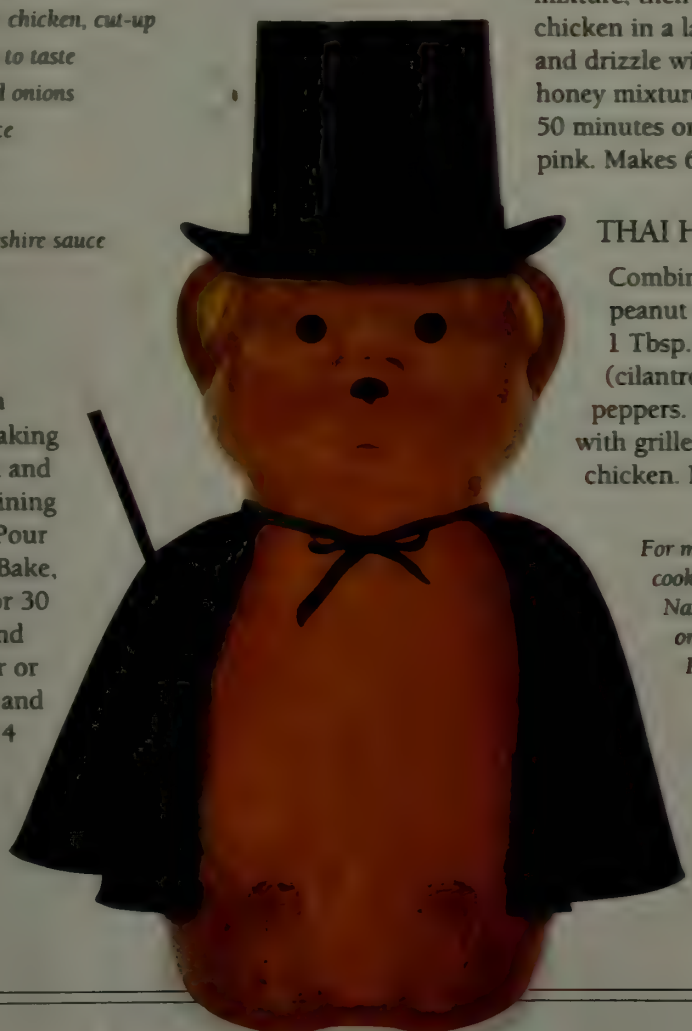


Preparing a meal the whole family will love can take some real wizardry. The trick? Start with honey. Honey can turn an ordinary chicken into something magical. Just try one of the recipes below. And then stand back. Because dishes made with honey tend to vanish.

SOUTHERN-STYLE HONEY "BARBECUED" CHICKEN

- *1* *(2-1/2 to 3 lbs.) chicken, cut-up*
- *Salt and pepper to taste*
- *1* *cup thinly sliced onions*
- *3/4* *cup tomato sauce*
- *1/4* *cup honey*
- *1/4* *cup vinegar*
- *2* *Tbsp. Worcestershire sauce*
- *1* *tsp. paprika*
- *1/4* *tsp. bottled hot pepper sauce*

Place chicken, skin side down, in a large baking dish. Sprinkle with salt and pepper. Combine remaining ingredients; mix well. Pour mixture over chicken. Bake, uncovered, at 375° F for 30 minutes. Turn pieces and bake 20 minutes longer or until chicken is glazed and no longer pink. Makes 4 servings.



OVEN-BAKED ORANGE CHICKEN

- *6* *chicken breast halves, (4 to 6 oz. each) skinned if desired*
- *1/4* *cup (1/2 stick) butter or margarine, melted*
- *1* *can (6 oz.) frozen orange juice concentrate, thawed*
- *1/4* *cup honey*
- *3/4* *cup fine bread crumbs*
- *1/2* *cup all-purpose flour*
- *1* *tsp. paprika*
- *1/4* *tsp. thyme*
- *1/2* *tsp. salt*



Brush chicken breasts with butter. Combine undiluted orange juice and honey in shallow dish. Mix bread crumbs, flour, paprika, thyme and salt. Roll chicken in honey mixture, then in bread crumb mix. Place chicken in a large greased baking pan and drizzle with any remaining butter or honey mixture. Bake at 375° F for 45 to 50 minutes or until tender and no longer pink. Makes 6 servings.

THAI HONEY PEANUT DIP

Combine 1/2 cup honey, 1/4 cup peanut butter, 2 Tbsp. soy sauce, 1 Tbsp. chopped fresh coriander (cilantro) and 1/8 tsp. crushed red peppers. Mix until blended. Serve with grilled, broiled or sauteed chicken. Makes 3/4 cup.

For more delicious recipes, order the 96-page cookbook "Sweetened With Honey, The Natural Way." Send a $2.50 check or money order to: National Honey Board, Dept. AD, P.O. Box 7760, Marshfield, WI 54449. Allow 4-6 weeks for delivery.

Honey

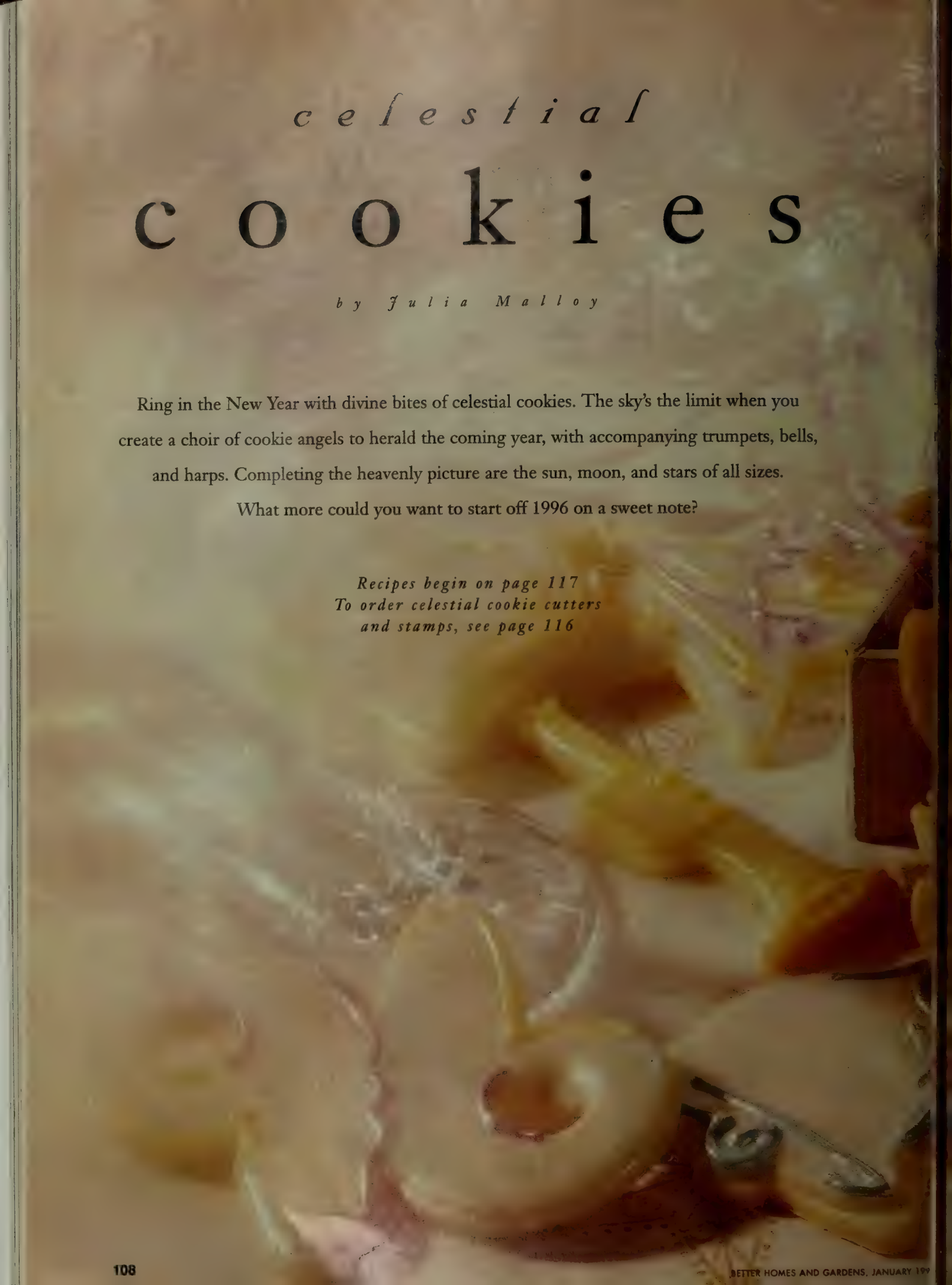
National Honey Board,
390 Lashley Street, Longmont, CO 80501

celestial
cookies

by Julia Malloy

Ring in the New Year with divine bites of celestial cookies. The sky's the limit when you create a choir of cookie angels to herald the coming year, with accompanying trumpets, bells, and harps. Completing the heavenly picture are the sun, moon, and stars of all sizes. What more could you want to start off 1996 on a sweet note?

Recipes begin on page 117
To order celestial cookie cutters and stamps, see page 116





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Slices of Pleasure

continued from page 106

GINGER PEAR TART

The secret behind the no-cook filling? Instant pudding mix.

- 30 2-inch-wide gingersnaps
- ½ cup broken pecans
- ⅓ cup margarine or butter, melted
- ¾ cup half-and-half or light cream
- 1 8-oz. carton dairy sour cream
- 1 4-serving-size pkg. instant vanilla pudding mix
- 1 Tbsp. chopped candied ginger, 2 tsp. grated ginger-root, or ¼ to ½ tsp. ground ginger
- 1 Tbsp. apricot brandy (optional)
- 1 Tbsp. margarine or butter
- 3 Tbsp. sugar
- 1½ lb. pears (3 to 5 medium), peeled, cored, and thinly sliced
- Mint leaves (optional)

For crust, in a food processor bowl combine the 30 cookies and pecans; cover and process till finely crushed. (Or, use a blender to blend cookies, *one-fourth* at a time, adding pecans with the last portion.) You should have 2½ cups crumbs and nuts.

In a mixing bowl stir together crumb mixture and ⅓ cup melted margarine or butter. Press firmly onto the bottom and up the sides of a 9½- to 11-inch round tart pan with a removable bottom or a 9-inch pie plate, forming a firm, even crust. Bake in a 350° oven for 8 minutes. Cool in pan on a wire rack.

When crust is cool, make filling. In a large mixing bowl gradually stir half-and-half or cream into sour cream. Use a whisk or rotary beater to stir in pudding mix, ginger, and apricot brandy (if using); beat for 1 to 2 minutes or till thick and smooth. Spread in prepared crust. Cover and chill for several hours or overnight.

In a 10-inch skillet melt the 1 tablespoon margarine or butter; stir in sugar. Add pear slices; cook, uncovered, over medium heat for 3 to 4 minutes or till just tender, stirring gently. Use a slotted spoon to remove pears; drain on paper towels. Reserve liquid in skillet; boil liquid about 2 minutes or till reduced to 2 tablespoons. Cool pears and liquid.

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For more great food ideas, visit our new home located on CompuServe Information Service. Using your home computer, you can find recipes, money- and time-saving tips, how-to photos, nutrition advice, and great ideas for planning parties and family dinners. The heart of The Better Homes Kitchen™ is the message section, where you can share your food thoughts with others or tune in at specified times to chat with the BH&G Food Editors and other food experts.

If you are currently a member of CompuServe, you're all set to experience our new service; simply Go *Kitchen*. Becoming a member of CompuServe is easy, too. Just call 800/858-0401. As a new member, you'll qualify for a month's free membership and 10 hours of free use of the service. If you wish to continue your membership, you will be billed $9.95 per month. Your monthly fee includes 5 hours of the service; additional hours are $2.95 each.

Before serving, remove the sides of the tart pan. Arrange pear slices in overlapping circles on top of the pudding mixture. Brush the pear liquid onto pears. Serve immediately. To serve, cut into wedges. If desired, garnish with mint. Makes 8 servings.

Nutrition facts per serving: 439 cal., 24 g total fat (9 g sat. fat), 21 mg chol., 347 mg sodium, 53 g carbo., 3 g fiber, and 3 g pro. Daily Values: 21% vit. A, 7% vit. C, 6% calcium, and 11% iron.

continued on page 112

DONNA McCRACKEN RAISED A LITTLE HELL AT HER OFFICE PARTY.



No, she didn't tell her boss off. Or dance on her desk. Her cheese dip caused all the commotion. She tried something new. Instead of salsa, she added the original Ro•Tel Diced Tomatoes and Green Chilies. And the party really took off. Not to mention the dip.

Nothing fires up the flavor, arouses any recipe like Ro•Tel. If it calls for tomatoes, it screams for Ro•Tel. All the spices you need in one can.

Try it. But please, use only as directed.

RAISE A LITTLE HELL WITH RO•TEL.





RO•TEL CHEESE DIP
1 lb. pasteurized processed cheese spread, cut into cubes
1 can (10 oz.) RO•TEL Diced Tomatoes and Green Chilies

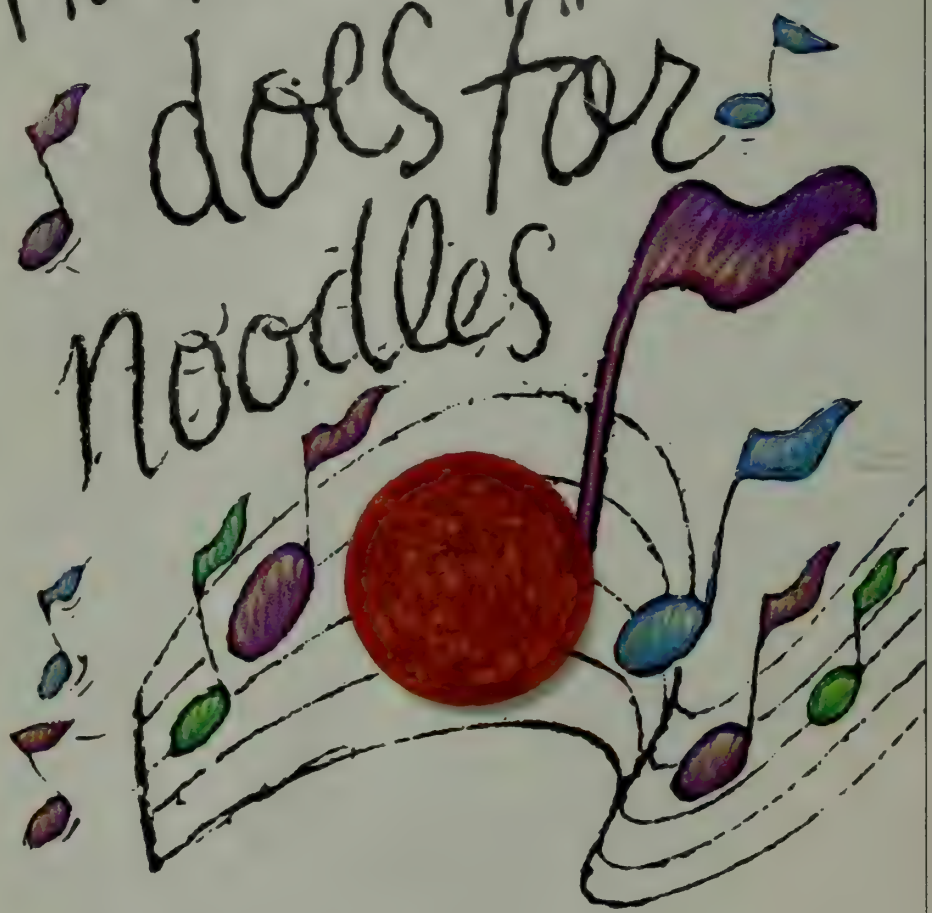
In saucepan combine ingredients. Stir over low heat until cheese spread is melted. Serve with tortilla chips, crackers or vegetables. Makes about 3 1/2 cups dip.

MICROWAVE:
Place ingredients in a covered casserole. Microwave on HIGH until cheese spread is melted, about 5 minutes, stirring once.

LOOK FOR RO•TEL® IN THE CANNED TOMATO SECTION

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this is what Hormel® Pepperoni does for noodles

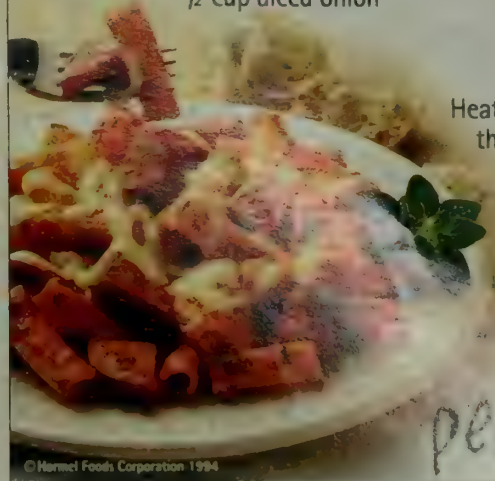


Pepperoni Rigatoni

Make rigatoni that's music to your mouth with Hormel® Pepperoni.

8 ounces rigatoni noodles, cooked
1 cup Hormel® Pepperoni (cubed)
½ cup shredded Parmesan cheese
½ cup diced onion
½ cup diced green pepper (optional)
¼ cup chopped fresh basil
2 cloves minced garlic
1 jar (26 ounces) of spaghetti sauce
2 cups shredded mozzarella cheese

Heat oven to 375°F. Layer half the ingredients, in the order listed, in a greased 9 x 13 inch pan; repeat layers. Bake, uncovered, 25-30 minutes until lightly browned. Serves six.





pep it up!™ Hormel Foods

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Slices of Pleasure

continued from page 110

TROPICAL PHYLLO TART

Overlap squares of phyllo dough to create the petals for the delicate crust.

8 sheets frozen phyllo dough (about 18x12-inch rectangles), thawed
¼ cup margarine or butter, melted
3 Tbsp. sugar
⅓ cup sugar
1 envelope unflavored gelatin
¼ cup guava or passion fruit juice or cold water
2 fresh mangoes, peeled, seeded, and chopped, or refrigerated mango slices, drained and chopped (about 2½ cups)
1½ tsp. finely shredded lime peel
2 Tbsp. lime juice
1 cup whipping cream
2 to 3 cups assorted sliced tropical fruits, such as mango, papaya, kiwi fruit, pineapple wedges, blood orange, kumquat, or star fruit
⅓ cup orange marmalade

Chill a medium mixing bowl and the beaters of an electric mixer. Meanwhile, generously grease a 10-inch round tart pan with removable bottom. Trim phyllo sheets to 12-inch squares. Layer the phyllo sheets on the bottom of the pan, allowing ends to hang over the edge. Stagger the corners to create a petal effect. Brush each layer with melted margarine or butter; sprinkle with some of the 3 tablespoons sugar. As you work, keep the remaining phyllo sheets covered with a damp cloth till ready to use. (See the photograph, above right.)

Lightly press phyllo crust in pan to remove air bubbles. Line with a double thickness of heavy foil. Place on a baking sheet. Bake in a 375° oven for 10 minutes. Remove foil; bake for 5 to 7 minutes more or till puffed and golden. Cool in pan on a wire rack (the crust will flatten upon cooling).



Make the flaky phyllo crust by staggering the phyllo squares in the pan, so the points form petals. Brush each sheet with melted margarine or butter and sugar. Keep the phyllo sheets covered with a damp cloth till you're ready to layer them.

For filling, in a small saucepan stir together ⅓ cup sugar and the gelatin; stir in fruit juice. Cook and stir over low heat till sugar and gelatin dissolve. Remove from heat; cool.

Meanwhile, in a blender container or food processor bowl combine chopped mango, lime peel, and lime juice. Cover and blend or process till smooth; transfer to a large bowl.

Stir the cooled gelatin mixture into mango puree; cover and chill to the consistency of corn syrup, stirring occasionally (about 1 hour). Remove from the refrigerator (the gelatin mixture will continue to set).

In the chilled mixing bowl beat whipping cream with the chilled beaters on medium speed till soft peaks form. When gelatin mixture is partially set (the consistency of unbeaten egg whites), fold the whipped cream into mango mixture. Cover and chill till mixture mounds when spooned (about 1 hour).

Spoon the mango-gelatin mixture into the cooled crust. Cover and chill for 2 to 24 hours or till firm.

Before serving, arrange fruit slices in a decorative pattern atop the tart. In a small saucepan heat marmalade over low heat till just melted; drizzle over fruit. Makes 8 servings.

Nutrition facts per serving: 369 cal., 18 g total fat (8 g sat. fat), 41 mg chol., 176 mg sodium, 51 g carbo., 3 g fiber, and 4 g pro. Daily Values: 54% vit. A, 80% vit. C, 3% calcium, and 6% iron.

CITRUS ANGEL CAKE

The subtle lime, lemon, or orange flavor comes from frozen juice concentrate.

- 1½ cups egg whites (10 to 12)
- 1½ cups sifted powdered sugar
- 1 cup sifted cake flour or sifted all-purpose flour
- 1 tsp. cream of tartar
- 3 Tbsp. frozen limeade, lemonade, or orange juice concentrate, thawed
- ¾ cup granulated sugar
- Whipped cream (optional)
- Lime, lemon, and/or orange peel strips (optional)

Allow egg whites to stand at room temperature for 30 minutes. Sift the 1½ cups powdered sugar and flour together 3 times; set aside.

In a large mixing bowl beat egg whites and cream of tartar with an electric mixer on medium speed till soft peaks form (tips curl). Add juice concentrate. Gradually add granulated sugar, about *2 tablespoons* at a time; beating till stiff peaks form (tips stand straight).

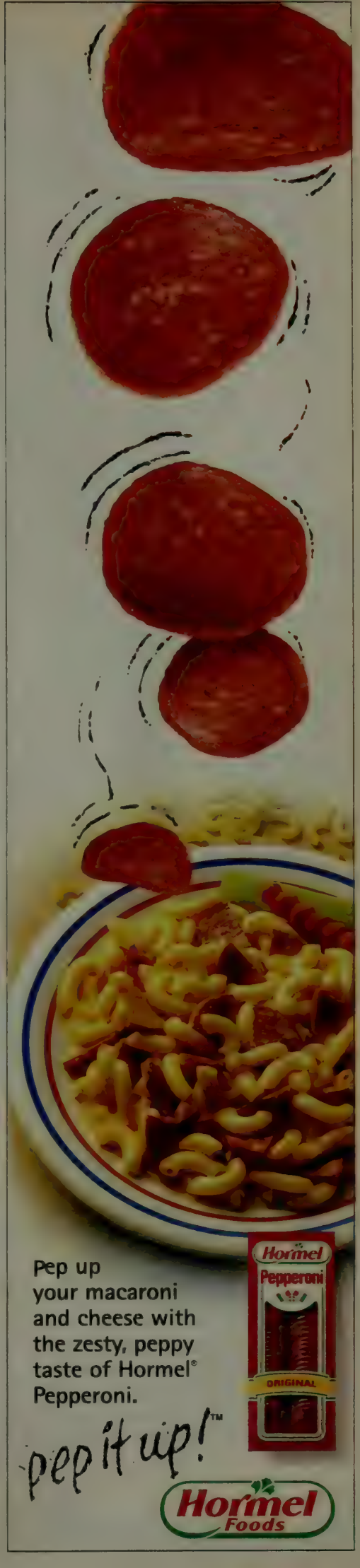
Sift about *one-fourth* of the flour mixture over beaten egg whites; fold in gently. (If the bowl is too full, transfer to a larger bowl.) Repeat, folding in the remaining flour mixture by fourths.

Pour batter into an *ungreased* 10-inch tube pan; spread evenly. Bake on the lowest rack in a 350° oven for 40 to 45 minutes or till the top springs back when lightly touched. Immediately invert cake (leave in pan); cool thoroughly. (If the cake has risen higher than the pan, invert it over a jar or bottle so the top does not touch the countertop.)

To serve, loosen sides and center from pan; remove cake. Using a serrated knife, cut into wedges. If desired, garnish with whipped cream and a citrus peel. Makes 12 servings.

Nutrition facts per serving: 150 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 46 mg sodium, 34 g carbo., 0 g fiber, 4 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 4% iron.

continued on page 114



Cherry Almond Tart

Crust

1/2 cup finely ground blanched almonds, about 2 oz.
1 3/4 cups all-purpose flour
1/2 cup confectioner's sugar
1/2 cup unsalted butter, chilled and cut into small pieces
1 egg, lightly beaten

Filling

1 21 oz. can cherry pie filling
2 tablespoons orange liqueur
1 teaspoon grated orange zest

1. Combine almonds, flour and sugar in bowl of food processor. Scatter butter on top and process just until mixture resembles coarse crumbs. Add egg and process just until dough gathers in a ball. Divide dough into two pieces, one slightly larger than the other, and shape into flattened discs. Wrap in plastic wrap and chill for 30 minutes.

2. Preheat oven to 375°. Combine cherry pie filling, liqueur and orange zest.

3. Roll out larger disc of pastry into 11 in. circle and place in 9 in. tart pan with removable bottom; trim edges. Roll out smaller disc of pastry into 10 in. circle; cut into ten 3/4 in. wide strips for lattice top.

4. Spoon filling into tart pan. Arrange strips in lattice pattern on top of filling. Trim to fit and gently press ends into pastry shell. Bake until pastry is golden brown, 40-45 minutes. Cool on wire rack 10-20 minutes. Remove side of pan and let cool completely. Dust with powdered sugar before serving.

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- Today, more than 1,500 food items come in cans. The surprising variety of canned food ranges from Artichoke hearts to Zucchini, with many new and exciting ethnic and specialty food items in between!
- More than 37 billion cans of food are produced each year in the United States and Canada.
- After steel food cans are collected through more than 14,000 community recycling programs in the U.S. and Canada, they are melted and the steel is recycled into an endless variety of new products–including cars, toys, bicycles, appliances, construction materials and more food cans.

STEEL PACKAGING COUNCIL.
AMERICAN IRON AND STEEL INSTITUTE

Slices of Pleasure

continued from page 113

CHOCOLATE TRUFFLE DESSERT

You can use our suggestions or any liqueur in these rich stars.

6 oz. bittersweet or semisweet chocolate, chopped, or 6 oz. semisweet chocolate pieces
1 cup whipping cream
¼ cup Irish cream liqueur, Kahlua, or Amaretto
2 slightly beaten egg yolks
2 Tbsp. sugar
Melted white and/or dark chocolate (optional)
White chocolate shavings (optional)

Chill a small mixing bowl and the beaters of an electric mixer. Meanwhile, line an 8x8x2-inch pan with clear plastic wrap, extending the plastic wrap over the edges of the pan; set aside.

In a heavy medium saucepan melt chopped chocolate or chocolate pieces over very low heat, stirring constantly till the chocolate begins to melt. Immediately remove from the heat; stir till smooth. Set aside.

In the chilled mixing bowl combine whipping cream and *1 tablespoon* of the liqueur. Beat with the chilled beaters on low speed till soft peaks form. Cover and refrigerate for up to 2 hours or till needed.

In a heavy small saucepan stir together egg yolks, remaining liqueur, and sugar. Cook and stir with a wire whisk over medium-low heat till mixture is very thick (about 8 minutes). Remove from heat; pour mixture into a medium mixing bowl.

Add the melted chocolate, *2 tablespoons* at a time, to the hot mixture, beating on medium speed till combined (the mixture will be thick). Add *½ cup* of the whipped cream mixture; beat on low speed till smooth. Gently fold in remaining whipped cream mixture. Spoon the mixture into the prepared pan, spreading as necessary to make an even layer. Cover and freeze about 4 hours or till firm enough to cut.

Invert the frozen mixture onto a waxed-paper-lined baking sheet. Carefully remove plastic wrap. Using 1-, 2-, and 3-inch cookie cutters, cut shapes from chocolate, dip- ping cutters into warm water between cuts to prevent sticking, if necessary. (See photograph, below.) Cover and return shapes to freezer till serving time.



Once the chocolate mixture is firm, cut desired shapes from it, using 1-, 2-, and 3-inch cookie cutters.

To serve, drizzle plates with melted white and/or dark chocolate, if desired. Top with chocolate cutouts. If desired, garnish with shaved white chocolate. Makes about 6 servings.

Nutrition facts per serving: 335 cal., 26 g total fat (16 g sat. fat), 123 mg chol., 27 mg sodium, 24 g carbo., 2 g fiber, and 4 g pro. Daily Values: 27% vit. A, 0% vit. C, 3% calcium, and 8% iron.

continued on page 116

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Don't let your favorite 1995 recipes get away from you! Our new 320-page cookbook includes every recipe published in the 1995 issues of our magazine, plus bonus recipes for every occasion—over 500 in all. This book is not available in bookstores, so call to order this can't-miss family favorite (800/678-2665). It costs only $14.95 plus shipping and handling.



What's In A Can Will Surprise You

What's In A Can Will Surprise You

e pastry shell was made from scratch. The almonds came from the Mediterranean. And the cherries are from somewhere you'll find hard to believe.

lump, juicy, tree-ripened cherries are probably the last hings you'd expect to find in a can on your grocer's shelf. But the fact is, today's modern steel can has proven to be ne of the best ways to preserve the taste and nutrition



that nature gives to over 1500 different foods. So try the recipe on the opposite page for Cherry Almond Tart, and be sure to use canned cherries. You'll find them to be the most delicious thing that ever happened to a dessert.

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Slices of Pleasure

continued from page 114

CAPPUCCINO DECADENCE

Whipped cream and coffee-flavored chocolate candies give this coffeehouse extravaganza the look it deserves.

- ½ cup finely crushed chocolate wafers
- 16 oz. semisweet chocolate, chopped, or 16 oz. (2⅔ cups) semisweet chocolate pieces
- 1 cup whipping cream
- 1 Tbsp. instant coffee crystals
- ½ tsp. ground cinnamon
- 6 beaten eggs
- ¾ cup sugar
- ⅓ cup all-purpose flour
- ½ tsp. finely shredded orange peel
- Unsweetened cocoa powder (optional)
- Powdered sugar (optional)
- Whipped cream (optional)
- Chocolate-covered coffee beans, (optional)
- Chocolate candies (optional)
- Edible flowers* (optional)

Grease a 9-inch springform pan. Lift and tilt the pan to coat the bottom and sides with chocolate wafer crumbs. Set aside.

In a heavy medium saucepan combine chocolate, whipping cream, coffee crystals, and cinnamon. Cook and stir over low heat till the chocolate is melted. Transfer the hot mixture to a medium mixing bowl.

In a large mixing bowl combine eggs, sugar, and flour. Beat with an electric mixer on medium speed about 10 minutes or till thick and lemon colored. Stir in orange peel. Fold *one-fourth* of the egg mixture into the chocolate mixture. Fold the chocolate mixture into the remaining egg mixture. Pour into the crumb-coated pan.

Bake in a 325° oven for 50 to 55 minutes or till edge is puffed about halfway to center (the center will be slightly soft). Cool in pan on a wire rack for 20 minutes. Remove sides of pan. Cool at room temperature for 4 hours. Cover and chill about 4 hours or till serving time.

If desired, before serving, decorate plates by sifting a mixture of sifted powdered sugar and cocoa powder over tops. Add wedges of dessert. If desired, top with whipped cream, chocolate-covered coffee beans, chocolate candies, and a flower. Makes 16 servings.

**Note:* To garnish food with flowers, choose flowers that have been grown without the use of pesticides or other chemicals. They should be fresh and free of bruises. To be sure flowers are edible, look for small packages in the produce section of your supermarket. Common edible varieties include violets, roses, pansies, marigolds, and squash blossoms.

Nutrition facts per serving: 272 cal., 17 g total fat (10 g sat. fat), 101 mg chol., 50 mg sodium, 31 g carbo., 2 g fiber, 5 g pro. Daily Values: 10% vit. A, 0% vit. C, 2% calcium, 9% iron.

SPECIAL COOKIE MERCHANDISE OFFER

By special arrangement with Fox Run Craftsmen and Rycraft Incorporated, *Better Homes and Gardens*® readers can purchase a complete package of eight specially-shaped tinplate cutters and six ceramic cookie stamps. We used these cutters and stamps to make the Heavenly Cutout Cookies and Divine Almond Molded Cookies *(see cover and pages 108 and 109)*. The tinplate cutters included in the set are a bell, crescent, circle, trumpet, angel, nine/six number, 2-inch star, and 3-inch star; the cookie stamp designs included in the set are a praying angel, singing angel, 8-pointed star, sun face, lyre, and bells.

TO ORDER the complete set of cutters and stamps, specify **Celestial Cookies Set** and send a check or money order for $39.95 to *Better Homes and Gardens* Reader Shopping Service, Department 9601, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.

ALMOND BRICKLE CHEESECAKE

Gently tap through the brittle toffee topping to get to the rich reward beneath.

- 1¾ cups finely crushed graham crackers (about 25 squares)
- 1 7½-oz. pkg. almond brickle pieces, finely chopped
- ½ cup margarine or butter, melted
- 3 8-oz. pkgs. cream cheese, softened
- ¾ cup packed brown sugar
- 2 Tbsp. all-purpose flour
- 3 eggs
- ¼ cup milk
- Thinly sliced apple (optional)

For crust, combine graham crackers and *⅓ cup* brickle pieces. Stir in melted margarine or butter. Press onto bottom and 2 inches up sides of an 8- or 9-inch springform pan.

In a medium mixing bowl combine cream cheese, brown sugar, and flour. Beat with an electric mixer on medium speed till fluffy. Add eggs all at once, beating on low just till combined. Stir in milk and *⅔ cup* brickle pieces; pour into prepared pan. Place on a shallow baking pan in oven.

Bake in a 375° oven till center appears nearly set when shaken, allowing 45 to 50 minutes for the 8-inch pan or 35 to 40 minutes for the 9-inch pan. Cool in the pan on a wire rack for 15 minutes. Loosen sides. Cool for 30 minutes more; remove sides. Cool completely. Cover; chill about 4 hours or till serving time.

Before serving, place cheesecake on a baking sheet. Sprinkle with remaining brickle pieces (about ½ cup). Broil 4 to 5 inches from heat for 1 to 3 minutes or till pieces begin to melt and form a crust. Transfer to a serving platter. Slice to serve. If desired, garnish with apple slices. Makes 12 to 16 servings.

Nutrition facts per serving: 477 cal., 35 g total fat (15 g sat. fat), 121 mg chol., 416 mg sodium, 34 g carbo., 1 g fiber, 8 g pro. Daily Values: 37% vit. A, 7% calcium, 11% iron. ⌂

Celestial Cookies

continued from page 109



PHOTOGRAPHS SCOTT LITTLE FOOD STYLIST JENNIFER PETERSON PROP STYLIST JIL SEVERSON

Decorate cookies with Powdered Sugar Icing and/or luster dust. To add a glittery sheen, you can paint the dust directly onto the baked cookies or onto smooth icings.

HEAVENLY CUTOUT COOKIES

Welcome 1996 with great fanfare, bearing cookies shaped like trumpets, bells, and the number 96. To order these cookie cutters, see opposite.

- ½ cup butter
- 1 3-oz. pkg. cream cheese
- 1¾ cups all-purpose flour
- 1½ cups sifted powdered sugar
- 1 egg
- ½ tsp. baking powder
- ½ tsp. vanilla
- 1 recipe Powdered Sugar Icing (optional) (see recipe, page 120)
- Luster dust* (optional)

In a medium mixing bowl beat butter and cream cheese with an electric mixer on medium speed for 30 seconds. Add about *half* of the flour, the sugar, egg, baking powder, and vanilla. Beat on low till combined. Beat for 1 minute on medium. Beat in remaining flour on low. Divide dough in half. Cover and chill 1 hour or till dough is easy to handle.

On a lightly floured surface, roll dough, *half* at a time, to ⅛-inch thickness. Using assorted cutters, cut into desired shapes. Arrange dough shapes 1 inch apart on an ungreased non-insulated cookie sheet.

continued on page 118



figure 1. BEFORE
Grease splatters onto stovetops and becomes a hard-to-remove problem.

No more leftovers.



figure 2. AFTER

Comet Liquid Gel Cleaner With Bleach.

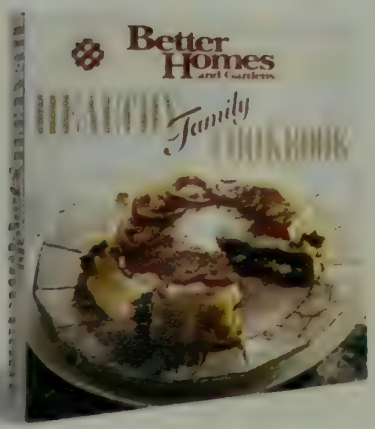
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Look for them where books are sold. What have you got to lose?

Better Homes and Gardens BOOKS

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Celestial Cookies

continued from page 117

Bake in a 375° oven for 8 to 9 minutes or till edges are set. Cool cookies on a wire rack. If desired, glaze tops with Powdered Sugar Icing; pipe icing on top, using a decorating bag fitted with a fine writing tip. If desired, brush or sprinkle with luster dust. (See photograph, page 117.) Makes about 42 cookies.

Nutrition facts per cookie: 59 cal., 3 g total fat (2 g sat. fat), 13 mg chol., 34 mg sodium, 7 g carbo., 0 g fiber, and 1 g pro. Daily Values: 3% vit. A, 0% vit. C, 0% calcium, and 1% iron.

Heavenly Chocolate Cutouts: Prepare as directed, except decrease the flour to 1½ cups and add ¼ cup unsweetened cocoa powder and ¼ teaspoon ground cinnamon with the first half of the flour.

Heavenly Citrus Cutouts: Prepare as directed, except add 1 teaspoon finely shredded lime, lemon, or orange peel and substitute 1 tablespoon lime, lemon, or orange juice in place of the vanilla.

**Note:* Luster dust is a sparkling dry powder you can purchase where cake decorating supplies are available. It may also be called gumpaste dust, pearl dust, or sparkle dust.

DIVINE ALMOND MOLDED COOKIES

Use your fingers or cookie stamps to shape almond paste dough into angels, harps, bells, stars, and suns. To order the cookie stamps, see page 116.

- 1 cup butter, softened
- 2 oz. almond paste**, crumbled (¼ cup)
- ½ cup sugar
- 2½ cups all-purpose flour
- 1 recipe Egg Paint (optional) (see recipe, page 120)
- 1 recipe Powdered Sugar Icing (optional) (see recipe, page 120)
- Luster dust* (optional)

In a medium mixing bowl beat butter with an electric mixer on medium speed till fluffy. Add almond paste; beat till combined. Beat in sugar. Using a spoon, stir in flour. (If necessary, knead in the remaining flour with hands.)



No fancy cookie cutters needed. Simply use balls of dough to create your angels.

Angel Cookies: To make each angel, shape dough into one 1¼-inch ball (for body), one ¾-inch ball (for head), two 1-inch balls (for wings), and two ¼-inch balls (for feet).

continued on page 120

BH&G PRIZE TESTED RECIPES®

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ONE ANNUAL GRAND PRIZE:
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EACH MONTH: TWO $200 WINNERS, TWO $100 WINNERS, SIX HONOR ROLLS
All winners receive WEBER Tools and Accessories.

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Send us recipes that fit the two recipe categories. Then, seven months later, we'll feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Best-Ever Salsas & Sauces: Garden-fresh salsas and speedy sauces make summer dining easy. Send in your best, but remember—there's more to salsa than tomatoes.

Summer Chicken Dinners: Grilled, broiled, roasted, or fried, chicken is sizzling hot at picnics and summer gatherings. Pluck your tastiest ideas for fixing up chicken and see how they fly with our judges.

THIS MONTH'S WINNERS—
pages 123 and 124
All winners received a TUPPERWARE Stack Cooker Set.

$200 Winners: Carol Gillespie, Chambersburg, Pa.; Mary C. Valentine, Santa Rosa, Calif.

$100 Winners: Angela Gould, Union City, Ga.; Kim Harris, Columbus, Ohio

Honor Roll: Julie DeMatteo, Clementon, N.J.; Lynn Glickman, Menlo Park, Calif.; Nancy T. Horowitz, Ridgewood, N.J.; Lawrence S. Kohn, Chicago, Ill.; Winona Krizan, Prescott, Ariz.; Barbara McGraw, Lancaster, Pa.

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name, address, and recipe marked "August Best-Ever Salsas & Sauces" or "August Summer Chicken Dinners." Specify brands and recipe origin. 3. Address recipes to 9608 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. All entries must be received by January 31, 1996. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign an affidavit and release. The annual grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and will be notified by mail. 6. Entries must be original and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law.

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Celestial Cookies

continued from page 118

On an ungreased non-insulated cookie sheet flatten the largest ball to ¼-inch thickness into a triangle for body. For the head, at the top point of the triangle attach the ¾-inch ball; flatten to a 1¼-inch round. For feet, attach the ¼-inch balls to the base of the triangle. For wings, attach the 1-inch balls to opposite sides of triangle; shape into triangles (see photograph, page 118). If desired, paint with Egg Paint.

Bake in a 325° oven about 15 minutes or till edges are light brown. Transfer to a wire rack; cool completely. If desired, decorate with Powdered Sugar Icing, using a decorating bag and a fine writing tip. Makes about 20 cookies.

Nutrition facts per cookie: 164 cal., 10 g total fat (6 g sat. fat), 25 mg chol., 93 mg sodium, 17 g carbo., 0 g fiber, 2 g pro. Daily Values: 8% vit. A, 0% vit. C, 0% calcium, 5% iron.

Stamped Cookies: Form dough into 1-inch balls. Arrange on an ungreased non-insulated cookie sheet. Using 2-inch-wide cookie stamps, press firmly to flatten dough and make patterns on tops. Bake in a 350° oven for 8 to 10 minutes or till edges are light brown. Transfer to a wire rack to cool. If desired, brush with luster dust (see note, page 118). Makes about 36 cookies.

Nutrition facts per cookie: 91 cal., 6 g total fat (3 g sat. fat), 14 mg chol., 52 mg sodium, 10 g carbo., 0 g fiber, and 1 g pro. Daily Values: 4% vit. A, 0% vit. C, 0% calcium, and 2% iron.

Egg Paint: In a small mixing bowl beat together 1 egg yolk and ¼ teaspoon water. Divide mixture among 3 or 4 small bowls. Add 2 or 3 drops liquid or paste food coloring to each bowl; mix well. Paint desired colors of egg yolk mixture onto unbaked cookies, using a small, clean paintbrush. If the egg paint thickens, stir in water a drop at a time.

Powdered Sugar Icing: In a small mixing bowl stir together 1 cup sifted powdered sugar and ¼ teaspoon vanilla. Stir in milk, *1 teaspoon* at a time, till icing is of piping or drizzling consistency.

***Note:* For best results, use an almond paste that is made without syrup or liquid glucose. Check the ingredient list to be sure.**



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This seedling from Forestfarm Nursery is approximately ⅜ inch in diameter and 2 feet to 3 feet tall at shipment. It can be expected to grow approximately 1 to 2 feet per year. Bareroot seedlings are shipped at the proper time for planting in your zone (about 3/1/96 to 4/15/96). The price per tree is $13.95. A charge of $7.50 per order (regardless of the number of trees ordered) will be added to the price for shipping, handling, and sales tax. Please order early; quantities are limited. No orders after 3/1/96.

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PRIZE TESTED RECIPES®

see page 119 for details

$200 WINNER

Carol Gillespie, Chambersburg, Pa., in the Winter Fruit Desserts Category.
January 1996



Apple and Lemon Chess Pie

Applesauce adds a surprising twist to a tangy old-fashioned pie.

- ½ of a 15-oz. pkg. folded refrigerated unbaked piecrust (1 crust)
- 4 eggs
- 1 cup sugar
- 1 cup unsweetened applesauce
- 1 tsp. finely shredded lemon peel
- 3 Tbsp. lemon juice
- 2 Tbsp. margarine or butter, melted
- 1 Tbsp. flaked coconut
- ⅛ tsp. ground cinnamon
- Whipped cream (optional)
- Finely shredded lemon peel (optional)

Let piecrust stand at room temperature according to package directions. Unfold and fit crust into a 9-inch pie plate; flute edges. Line with a double thickness of foil. Bake in a 450° oven for 5 minutes. Remove foil; bake for 5 minutes more.

Meanwhile, for filling, in a medium mixing bowl beat eggs slightly with a fork till combined. Stir in sugar, applesauce, lemon peel, lemon juice, margarine or butter, coconut, and cinnamon. Mix well.

Place the partially baked piecrust on the oven rack. Sprinkle crust with coconut. Pour the filling into the pastry shell. Cover the edge of the pie with foil. Reduce oven temperature to 350°; bake for 20 minutes. Remove foil. Bake for 20 to 25 minutes more or till a knife inserted near the center comes out clean.

Cool pie on wire rack. Cover and chill to store. If desired, top each serving with whipped cream and lemon peel. Makes 8 servings.

Nutrition facts per serving: 298 cal., 13 g fat (1 g sat. fat), 114 mg chol., 171 mg sodium, 42 g carbo., 1 g fiber, and 4 g pro. Daily Values: 8% vit. A, 6% vit. C, 1% calcium, and 2% iron.

Photographs: Scott Little

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PRIZE TESTED RECIPES®

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$200 WINNER

Mary C. Valentine, Santa Rosa, Calif., in the Healthful Pastas Category.
January 1996



Black Bean Lasagna

Beans replace the meat and add fiber. Low-fat dairy products keep fat to a minimum.

- 9 lasagna noodles (8 oz.)
- 2 15-oz. cans black beans, rinsed and drained
- Nonstick spray coating
- ½ cup chopped onion
- ½ cup chopped green pepper
- 2 cloves garlic, minced
- 2 15-oz. cans low-sodium tomato sauce or tomato sauce with seasonings
- ¼ cup snipped cilantro
- 1 12-oz. container low-fat cottage cheese
- 1 8-oz. pkg. reduced-fat cream cheese (Neufchâtel), softened
- ¼ cup light dairy sour cream
- Halved tomato slices (optional)
- Cilantro (optional)

Cook noodles according to package directions; drain. Mash 1 can of beans; set aside.

Spray a large skillet with nonstick coating; add onion, green pepper, and garlic. Cook and stir over medium heat till tender but not brown. Add mashed beans, unmashed black beans, tomato sauce, and snipped cilantro; heat through.

In a large mixing bowl combine cottage cheese, cream cheese, and sour cream; set aside. Spray a 3-quart rectangular baking dish with nonstick coating. Arrange 3 of the noodles in the dish. Top with *one-third* of the bean mixture. Spread with *one-third* of the cheese mixture. Repeat layers twice, ending with bean mixture and reserving the remaining cheese mixture.

Bake, covered, in a 350° oven for 40 to 45 minutes or till heated through. Dollop with reserved cheese mixture. Let stand for 10 minutes. If desired, garnish with tomato and cilantro. Makes 8 main-dish servings.

Nutrition facts per serving: 350 cal., 9 g total fat (5 g sat. fat), 27 mg chol., 589 mg sodium, 50 g carbo., 7 g fiber, and 22 g pro. Daily Values: 22% vit. A, 32% vit. C, 9% cal-

PRIZE TESTED RECIPES®

$100 WINNER

Kim Harris, Columbus, Ohio, in the Healthful Pastas Category.
January 1996



Chicken Marinara with Mushrooms

Try with a mixture of fresh mushrooms, such as shiitake, crimini, and porcini.

- 12 oz. linguine or spaghetti
- 4 cloves garlic, minced
- 2 Tbsp. lower-fat margarine
- 1 lb. skinless, boneless chicken breast halves, cut into thin bite-size strips
- ½ tsp. dried chervil, crushed
- ½ tsp. dried basil, crushed
- ¼ tsp. dried thyme, crushed
- 6 oz. fresh mushrooms, sliced
- 1 27-oz. jar light spaghetti sauce
- ½ cup dry white wine
- 2 tsp. sugar (optional)

Cook pasta according to package directions; drain. Meanwhile, in a large skillet cook garlic in hot margarine for 30 seconds. Add *half* of the chicken, dried chervil, basil, and thyme; cook and stir for 3 to 4 minutes or till chicken is no longer pink. Remove chicken, reserving drippings in skillet. Repeat with remaining chicken and herbs. Add mushrooms to drippings in skillet. Cook and stir about 3 minutes or till tender. Add sauce, wine, and sugar, if desired. Return chicken to skillet; heat through. Serve over hot cooked pasta. Makes 6 main-dish servings.

Nutrition facts per serving: 426 cal., 7 g fat (1 g sat. fat), 40 mg chol., 128 mg sodium, 64 g carbo., 4 g fiber, 25 g pro. Daily Values: 14% vit. A, 23% vit. C, 26% iron.



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Angela Gould, Union City, Ga., in the Winter Fruit Desserts Category.
January 1996



Warm Pear French Toast Sundae

French toast for dessert? With a golden pear sauce and ice cream, you bet!

- ¼ cup packed brown sugar
- 2 Tbsp. margarine or butter
- ¼ tsp. ground cinnamon
- 3 pears, peeled, cored, and sliced
- 3 eggs
- ¼ cup milk
- 1 tsp. vanilla
- 3 Tbsp. brown sugar
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 6 1-inch-thick French bread slices
- 2 Tbsp. margarine or butter
- Light or regular vanilla ice cream

In a medium skillet combine ¼ cup brown sugar, 2 tablespoons margarine or butter, and ¼ teaspoon cinnamon; cook and stir over medium-low heat till butter is melted and sugar is dissolved. Add pears; cook about 5 minutes or till tender, stirring occasionally.

In a medium mixing bowl use a fork to beat eggs slightly. Beat in milk and vanilla. In a small mixing bowl stir together the 3 tablespoons brown sugar, 1 teaspoon cinnamon, and nutmeg; stir into egg mixture. Dip bread into egg mixture, coating both sides.

In a large skillet melt the remaining 2 tablespoons margarine or butter. Cook bread on both sides over medium heat for 2 to 3 minutes or till golden brown. Add more margarine or butter as needed.

To serve, top each bread slice with pear mixture and ice cream. Makes 6 servings.

Nutrition facts per serving: 399 cal., 17 g total fat (8 g sat. fat), 138 mg chol., 349 mg sodium, 54 g carbo., 2 g fiber, 9 g pro. Daily Values: 20% vit. A, 6% vit. C, 14% calcium, and 14% iron.



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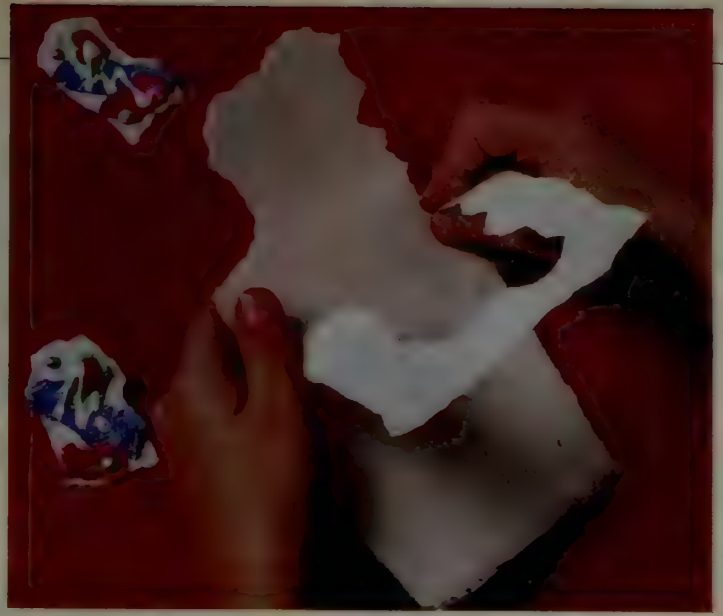
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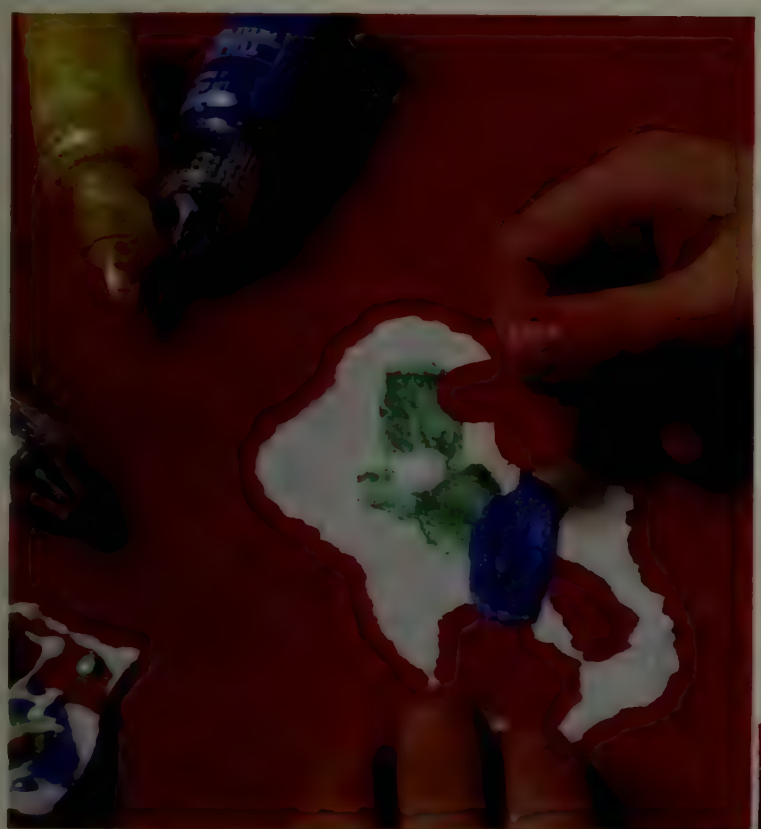
BH&G kids

continued from page 126



WHAT YOU'LL NEED

- Heavy watercolor paper
- White construction paper
- Extra-tacky glue
- Paintbrush
- Scissors
- Slick-paint pens in iridescent colors
- Barrette clasp
- Pair of earring posts



STEP 1 Tear shapes from the heavy watercolor paper. Make sure they are larger than the barrette clasp and earring posts.

STEP 2 Paint small pieces of construction paper with slick-paint pens. Allow to dry. Cut some of the painted paper into shapes such as hearts and stars. Then tear some of the painted construction paper into small pieces. Arrange the cut and torn paper on your torn pieces of watercolor paper. Glue and allow to dry.



STEP 3 Use the paint pens to finish decorating your pieces as desired with lines, shapes, squiggles, and dots.

STEP 4 Using extra-tacky glue, glue the clasp to the barrette and the posts to the earring shapes. Allow jewelry to dry before wearing.

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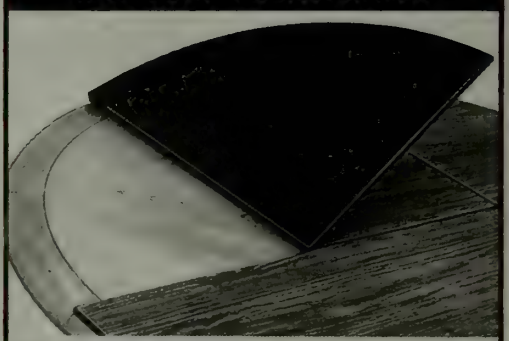
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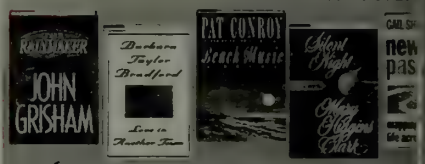


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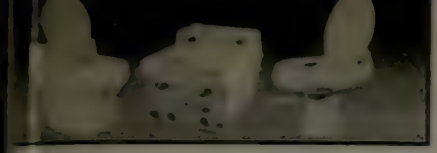


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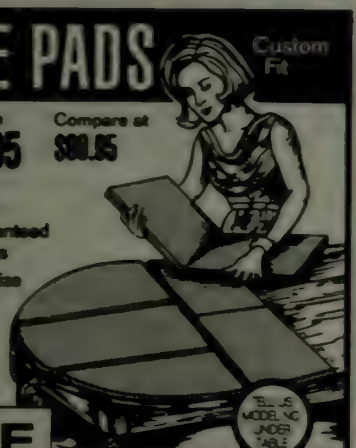
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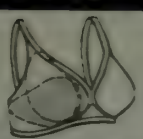
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"It smells like a magazine in here."

Liz Randall says her Girl Scouts troop doesn't spend nearly as much time around a campfire as it does huddled around the microwave.

On my morning walk the other day, I overheard two boys on their way to school complaining that our Founding Fathers got things backward. The boys think we should have two days of work, followed by five days of weekend.

Our Judy thinks it's neat that she can get electronic mail on our home computer, but regrets that the dog may no longer have a letter carrier to growl at.

Dr. Bob Hannelly advises that it's time to start thinking about dieting when you drop a quarter and pause to think a moment before bending over to pick it up.

I can't quite figure it out. People are eating out more than ever, yet our local bookstore keeps expanding its cookbook section.



"I'm sorry, but I don't know what the fat content is."

Some cities hand out a "key to the city" to visiting dignitaries. But Aunt Opal says she's always preferred to live in a place small enough that it never needed a key.

To a friend who asks jokingly, "You behaving yourself?" Grandpa Hillis cracks a smile and replies, "Yep, don't get many opportunities not to anymore."

Tailor Max Wilson has a realistic appreciation of the limits of his job. "I can help a fellow with his image," he says, "but not with his illusions."

Dick and Dot Dresch are planning a trip to a tropical island. However, Dot says she is having difficulty deciding whether she should buy a new swimsuit or just keep her body buried in sand.

Uncle Dodd Buckner says opportunity knocks, but not as much as a confirmed old gossip.

Elaine Cowan says she never has any problems with loneliness. She just puts on her grungiest clothes, goes to the supermarket, and runs into everyone she knows.

Bill Norman is happy that maturity brought him the ability to do all those things he dreamed of doing when he was a kid—plus the wisdom not to try most of them.

Our Rosemary phoned the other day. She said among the many reasons she and her college friends don't drink alcohol at parties is that "it often makes members of the opposite sex look far more attractive than they really are."

Lee Bayless has been handed lots of additional responsibility at his place of employment, including being blamed for almost everything that goes wrong.

Burton Hillis

February

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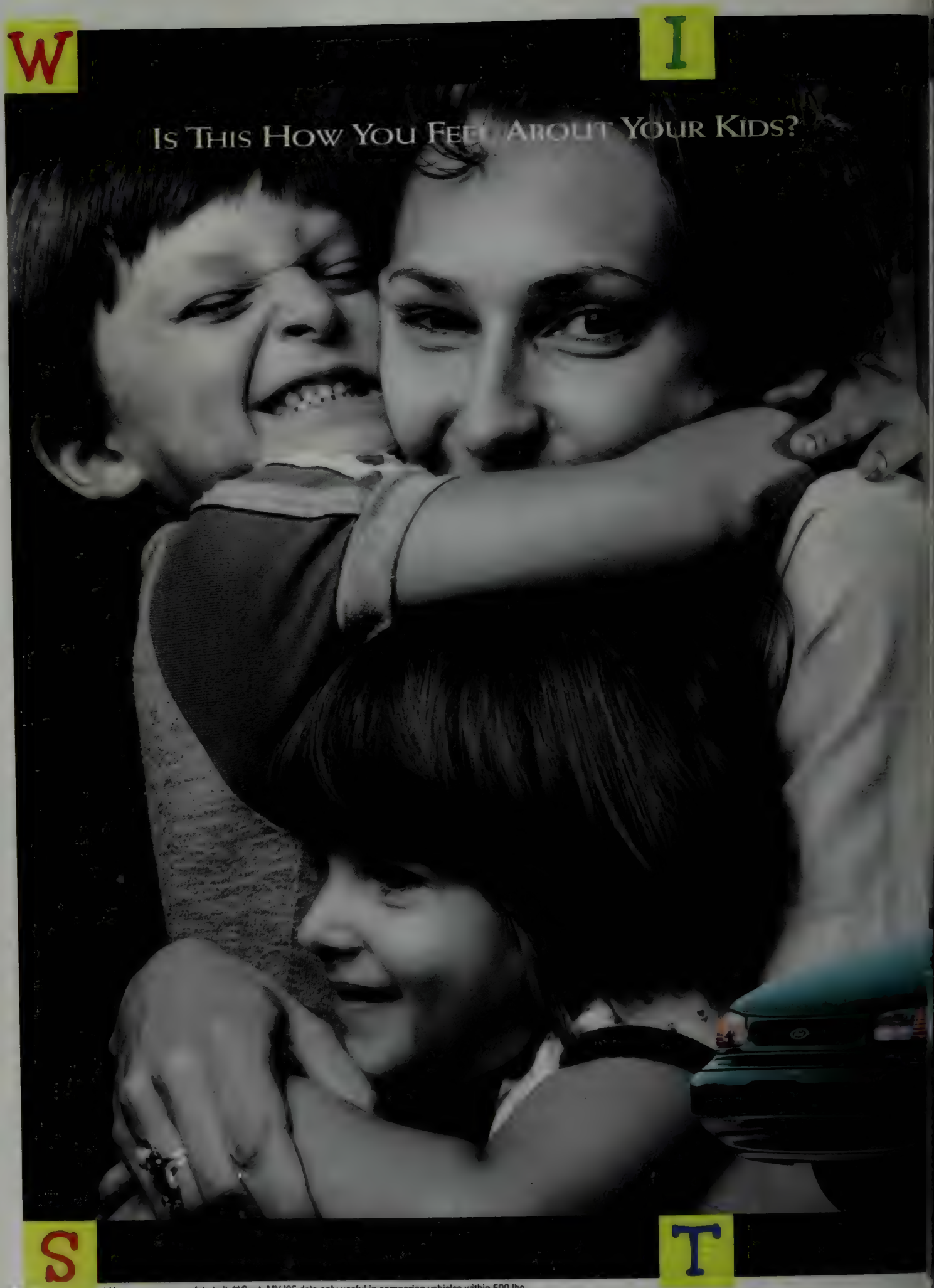
os share their best money-saving tips p. 11

OMESPUN
UPPERS
Old-fashioned
vorites p. 10-1

ur best
modeling ideas p. 31

EAR-ROUND COLOR
OR YOUR GARDEN
s, even in winter!) p. 93

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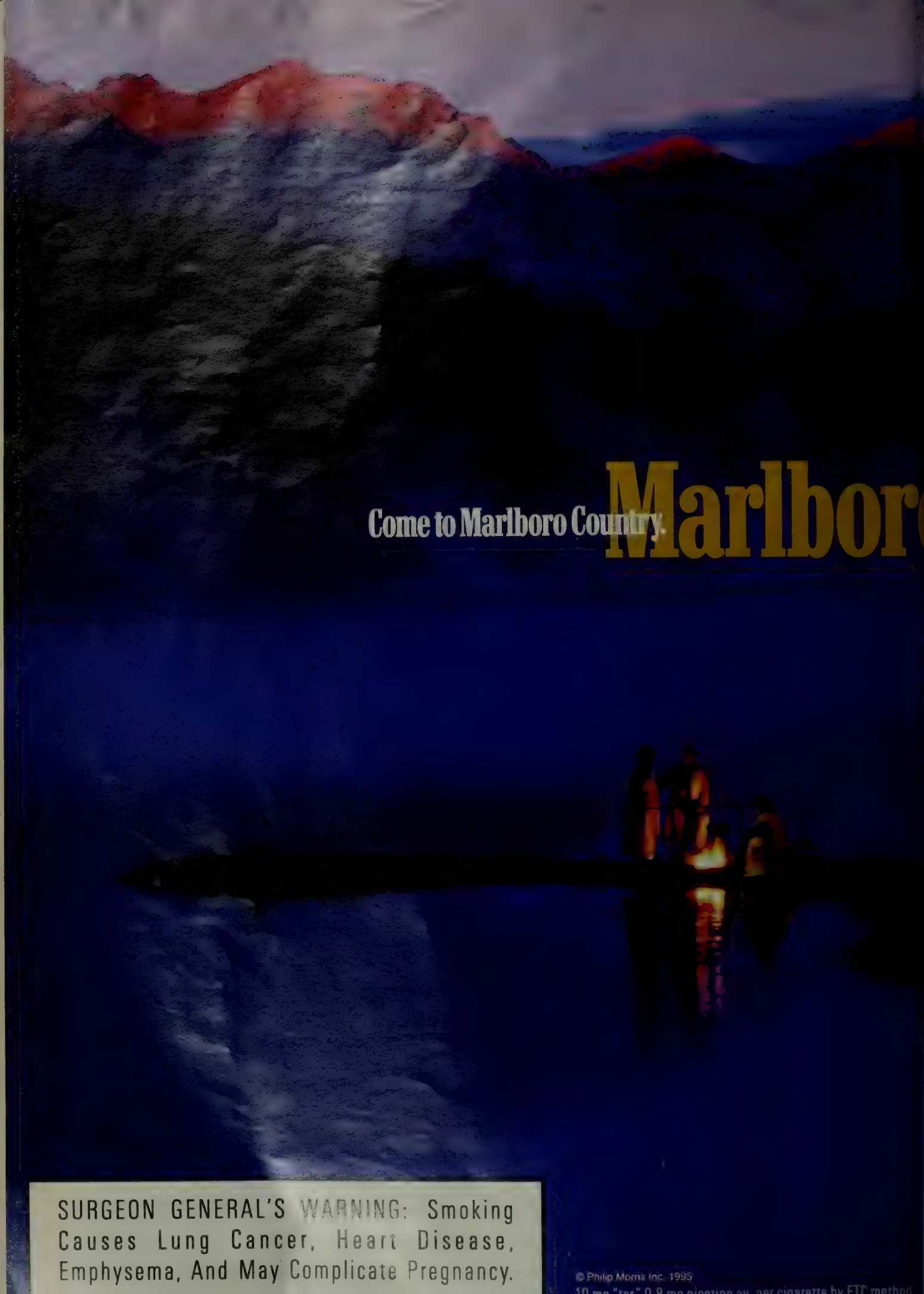
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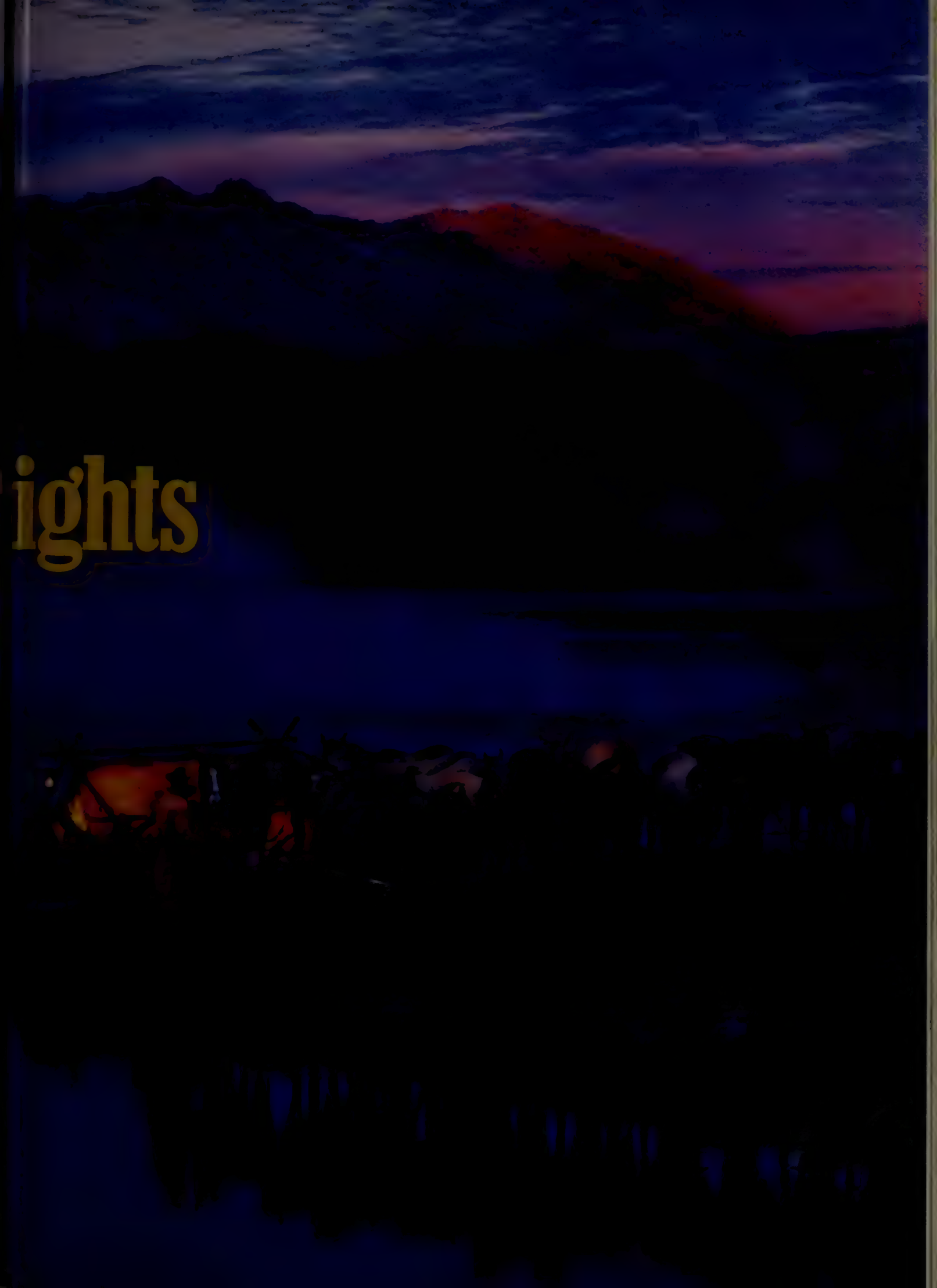
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CONTENTS

February 1996

VOLUME 74 NUMBER 2

131
On the Cover
Four top winners in our Home Improvement Contest





93
The 4 Season Garden
How to brighten your yard all year long

111
Designer Tricks of the Trade
Gather some fresh decorating ideas from top designers





164
Comforts from the Kitchen
Mom's and Grandma's dinners made easier

FRIENDS AND FAMILY

Editor's Letter 12
Family Network® *Readers' solutions to family problems* 19
BH&G Kids™ *Snow fun* 222
The Man Next Door® *Writes about family, friends, and neighbors* 244

GARDENING

Gardener's Almanac 88
The 4 Season Garden *Planting for constant color and interest* 93

DESIGN

Style in the Making™ *Instant headboards from readymade materials* 20
Hearts & Crafts *Five sweet gifts to make for loved ones* 32
Candlestick Compositions *Tips for arranging centerpieces* 38
The Decorating Shop *Bee-utiful candles* 53
Striking a Balance *Creative ideas for end tables* 86
Designer Tricks of the Trade *Simple decorating strategies from the pros* 111
Room Arranging Dos and Don'ts *Solutions to common problems* 160

continued on page 10

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continued from page 9

BUILDING

Enter Our 1996 Home Improvement Contest 82
Tips, Tools, & Techniques 106
A Suite for the Kids *Sweet dreams for the young ones* 108
Quality Home Plan *All the comforts of home* 128
Home Improvement Contest *Four award-winning projects* 131
Keeping-Room Kitchens *For today's family gatherings* 145
A Marble-ous Master Bath *Elegant and airy remodeling* 158

FAMILY MATTERS

Parenting *Cutting Back on TV* 46
Our Environment *Aiming an X-ray gun at lead paint* 236

HEALTH

Good Food/Good Health *Breast cancer: Beating the odds* 54
Fitness Matters *Good news about shaping up* 58
Secondhand Smoke *Clearing the air about the risks* 66
Winning the Weight Game *Learn how to play* 76

FOOD

Comforts from the Kitchen *Streamlined treasured dishes* 164
Cornmeal Takes the Cake 189
Really Con Queso *Move over mozzarella* 190
Candied Ginger in a Snap 192
Best-Ever Bran Muffins *Three variations to serve warm* 194
Hotter than Hot: Chocolate *Cozy new beverages* 197
Quick Fixes for Mixes *Easy answers for dinner* 198
Tastes of Cuba *Sunny recipes for entertaining* 204
Pot O' Gold *Carrot-citrus marmalade* 207
Brunch Is Served *Make it ahead and relax* 208
Relishing Mustards *Slather these zesty spreads* 210
Baby Those Buttons *Mushrooms, anyone?* 212
Parmesan: The Grate One 213
Win Money and Prizes for Your Recipes 215
The Clever Cook™ 216
Prize Tested Recipes®
Peanut butter treats, soups and chowders 219

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers* 120
Directory of Architects and Designers 235
Reader Shopping
Silk ribbon embroidery photo frame kit 32
Embroidered everlastings cross-stitch sampler kit 37
Advice for Busy Parents book 52
Four Seasons Gardening book 102
The Shopper's Mart 238

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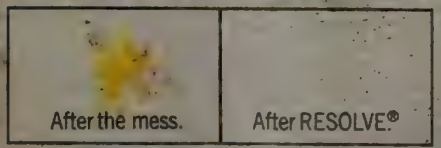
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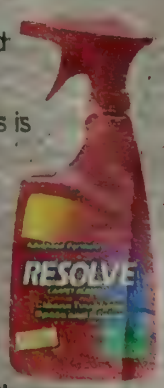
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When loving your family dictates how you live, this is the magazine dedicated to helping you. And we all can use a little help now and then.

From the day Becky entered my life (shown here in our mother-daughter portrait) I wanted to provide the best I could for her. First thing, we moved to a larger house. I'm a designer so I didn't need decorating advice, but as a new mom and owner of an old house, I needed plenty of other help. I was (and still am) a typical homemaker trying to create a better home and home life because I love my family.

Many of you must feel that way, too, because each time our magazine runs a Home Improvement Contest, most of the remodelings fill a family need...for a bigger kitchen, a nursery, a family room. That's love! (If you're remodeling for love or any other reason, check out the information about our current prize-filled contest. See *page 82.*)

I know I'm more romantic than is practical, but I still believe love makes the world go round—generation after generation. The little girl who prompted every move and every meal I made is now a young married woman with a home of her own, doing all the things I did and for the same reason—love. And we both rely on *Better Homes and Gardens* for ideas and help. But I have an unfair advantage. I see the magazine long before she does!

Jean LemMon

Jean LemMon, *Editor in Chief*



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When our three children were younger, I often was bombarded with requests for snacks. I solved the problem by buying a colored bin for each child and, on grocery day, filling the bins with appropriate snacks. They could choose a snack whenever they felt hungry, except one hour before mealtime. There was one item for each day plus a couple of extras. The children knew when their baskets would be refilled and rationed their goodies accordingly.

Donna Kennedy
Peyton, Colo.

BATHROOM BIBS ELIMINATE MESSES

Even though my 4-year-old triplets no longer need bibs at mealtime, I still keep a few over-the-head bibs in the bathroom. The bibs protect the children's clothing while they brush their teeth and wash their faces. Now the children no longer leave the house with dribbles, toothpaste spots, or wet shirts.

Jennifer Hughes
Milton, Mass.

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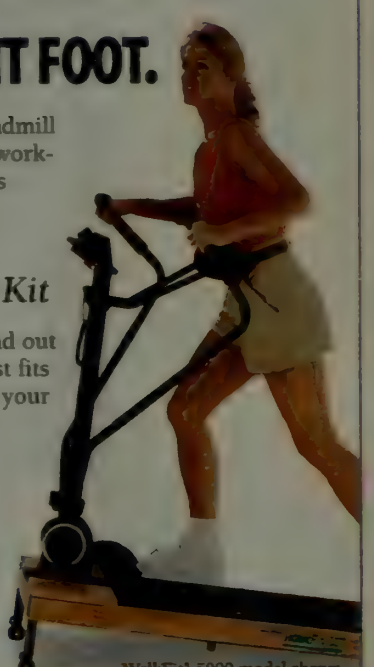
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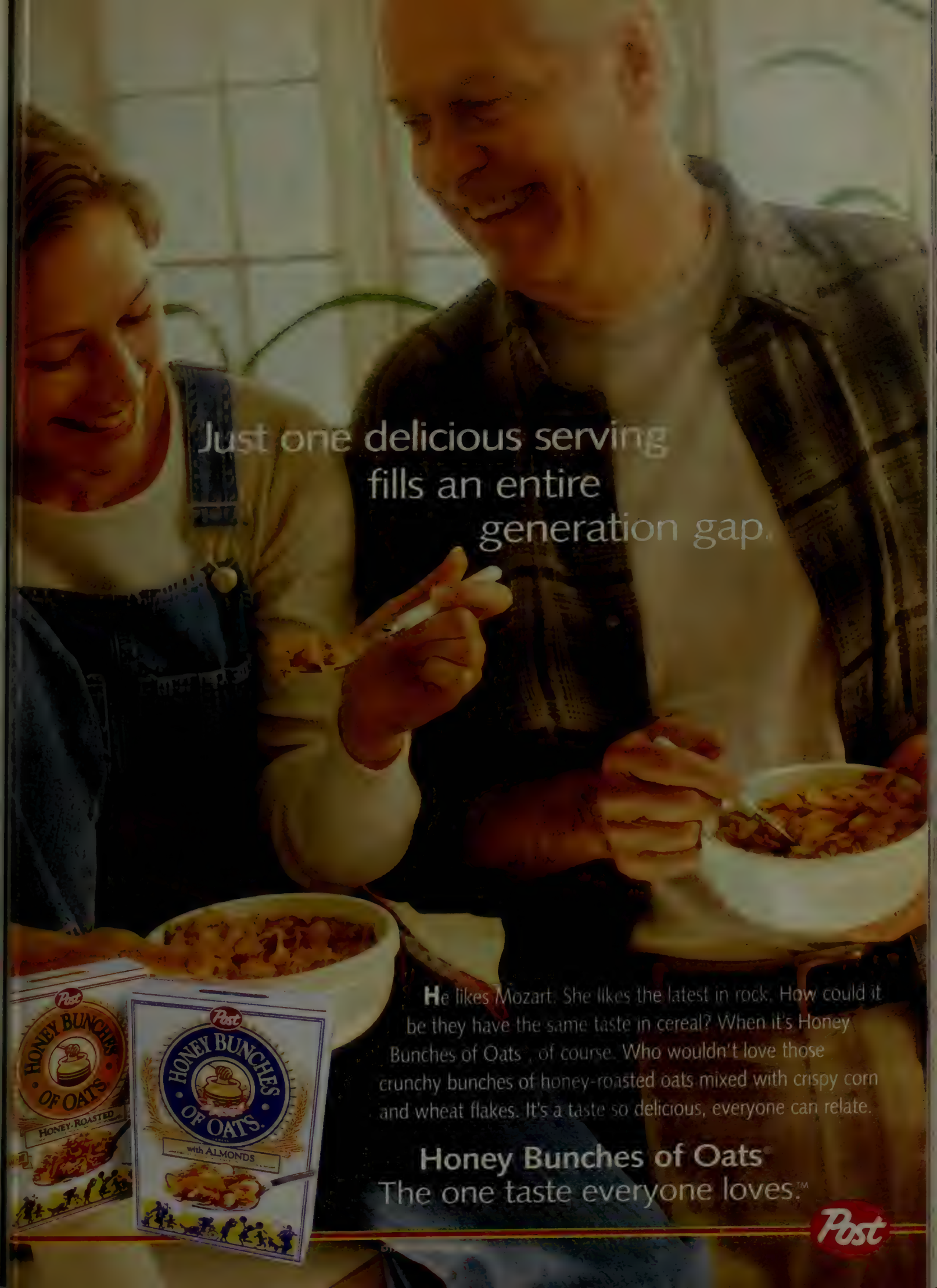
instant headboards

Smart ideas like these go straight to the head of a classy bed. Mounted to the bed frame or self-standing, all four headboard styles get high marks for their stylish use of readymade fencing and trellises.



Like a fortress against the day's troubles, readymade stockade fencing rises to a dramatic headboard height. Left unfinished, the material is a gateway to an airy, natural style that can include soft down and crisp, creamy cotton.

Stockade fencing panels come in 8-foot sections at home improvement centers. You'll also need bolts that are long enough to go through the panel and the bed rail and still fasten in place. To begin, measure the bed's width and cut panel accordingly. Next, mark positions for bolts on the panel to coordinate with those on the bed rail. Drill holes for bolts through the panel. Fasten headboard to bed rail with bolts and washers. *continued on page 22*


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These materials won't fence you in style-wise. Here, linens striated with rich, desert-sunset colors play up the fencing's earthiness. Or, invite in garden romance with a bed of flowers.

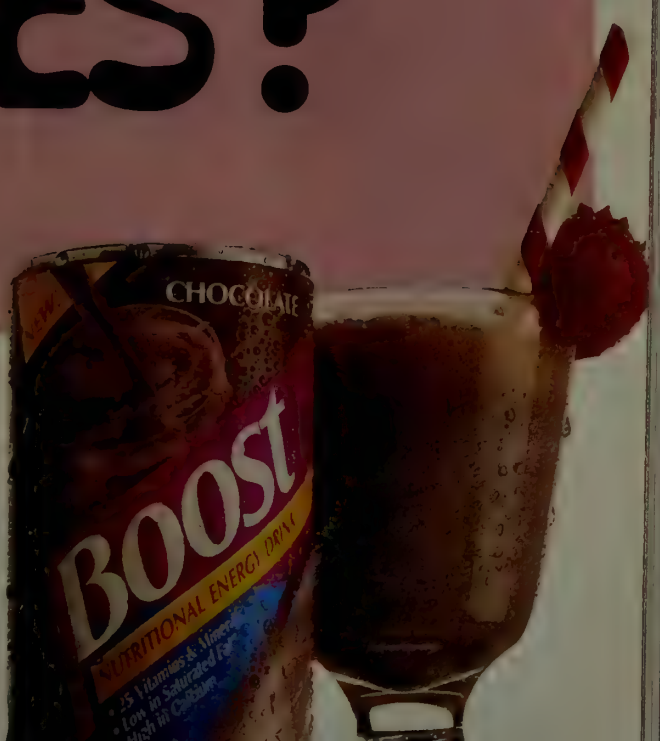


Give a boxy bedroom a more interesting dimension with this headboard, designed with movable side "wings" to fit into a room's corner. Made from fencing, the headboard cradles a bed set on a diagonal. To assemble your own, measure the bed's width to determine the width of the center section. Decide on desired width for sides (ours span four pickets). Purchase the necessary fencing, plus four hinges, screws to attach hinges, and bolts and washers. Cut fencing widths. Then, prepare center section as you did for stockade panel headboard, *page 20*. Before bolting the headboard to the bed, hinge the sides to the center section at the fence's crosspieces. *continued on page 24*

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instant headboards

Mailbox posts stamp this bed with rustic strength and robust simplicity. Boldly framing pillows and wall hangings, the setup delivers a focal point to the room.



This headboard offers comforting symmetry. Paired mailbox posts form a basic grid to visually frame wall hangings, including the center medallions made from newel caps. Relaxed bedcovers in stripes and checks echo the geometry.

To assemble the headboard, shorten two mailbox posts to the desired height. Leave the posts unfinished. Next, cut a 12-inch-wide piece of plywood to use between posts as spacer and stabilizer. Using wood glue and screws, fasten one ¾×1½-inch cleat to each end of the plywood. Screw cleats to posts below mattress level. Then drill holes through the posts to match the holes in your bed rail. Fasten the headboard with bolts and washers. *continued on page 26*

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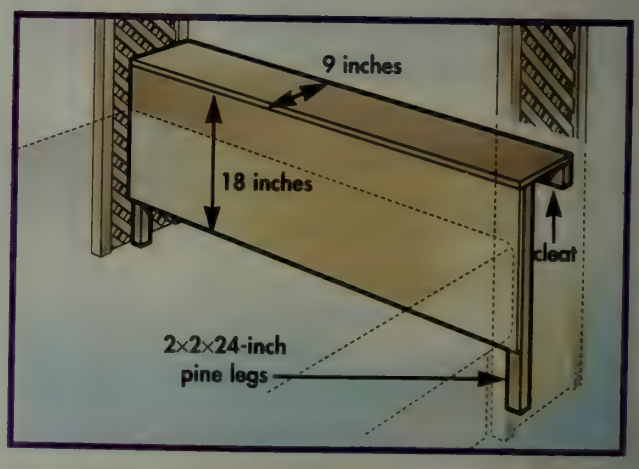
Armstrong

instant headboards

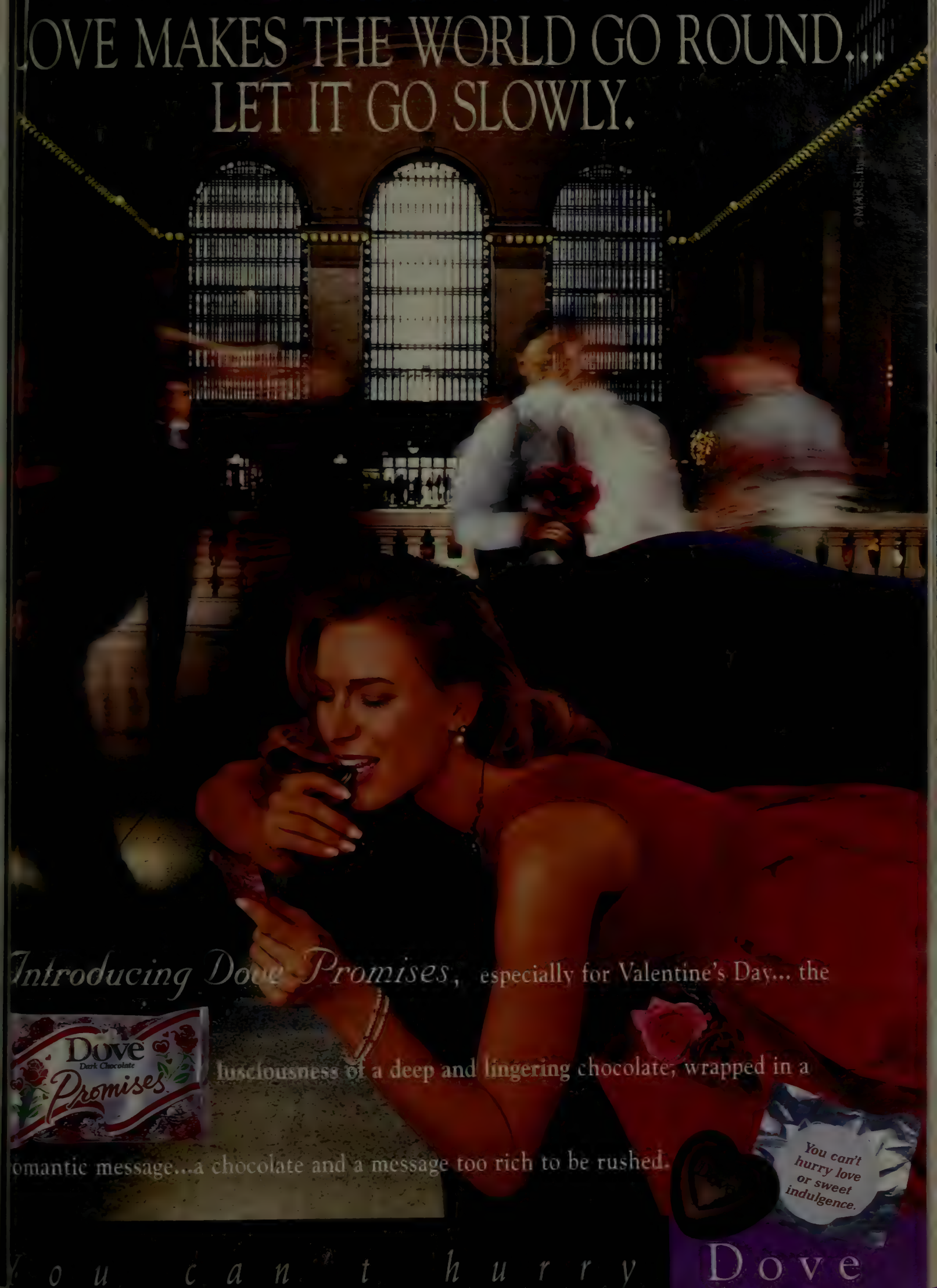
Romance a bed—and a plain room—with this garden retreat of lacy latticework and climbing roses. An arbor kit makes light work of its assembly.



Plant a bed of roses beneath this headboard, then watch the room bloom as the floral fabric climbs the wall. An attached shelf supports pillows and art. Shop for an arbor kit to suit your bed size (piece at top to widen, if needed). Cut a plywood shape to fit arbor back; staple on batting and a floral sheet. Nail shape to arbor. For shelf, *see illustration.*



Buying information, page 120


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hearts & crafts

by Rebecca Jerdee and Laura Holtorf Collins



A passion for charms and pretty notions puts frill to these five sweet gifts. Kissed with romance, they'll woo your heart, captivate your hands, and delight the ones you love.

To make our no-sew sachet, *above left*, cut two fabric hearts; hot-glue the edges together with scented pellets inside. Add fringe and a rattail handle. Glue braid around front and back. Trim with feathers and charms. Embroider the silk-ribbon photo frame from a kit. See offer, *below*.

SPECIAL CRAFT KIT OFFER You can duplicate the **Silk Ribbon Photo Frame,** *above*, with our exclusive kit. Offered by special arrangement with Banar Designs and not available in stores, the kit contains a die-cut frame form (6×7-inch oval with a 2½×3½-inch oval opening), moiré fabric, braid, silk ribbon, embroidery floss, needle, pattern, and complete step-by-step instructions. To order the kit, send a check or money order for $19.95 to *Better Homes and Gardens*® Reader Shopping Service, Department 9602, Box 9128, Des Moines, IA 50306-9128. The price of the kit includes shipping, handling, and sales tax, if applicable. Mastercard, Visa, and American Express card users may call 800/881-4066.

continued on page 34



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THIS is the creep
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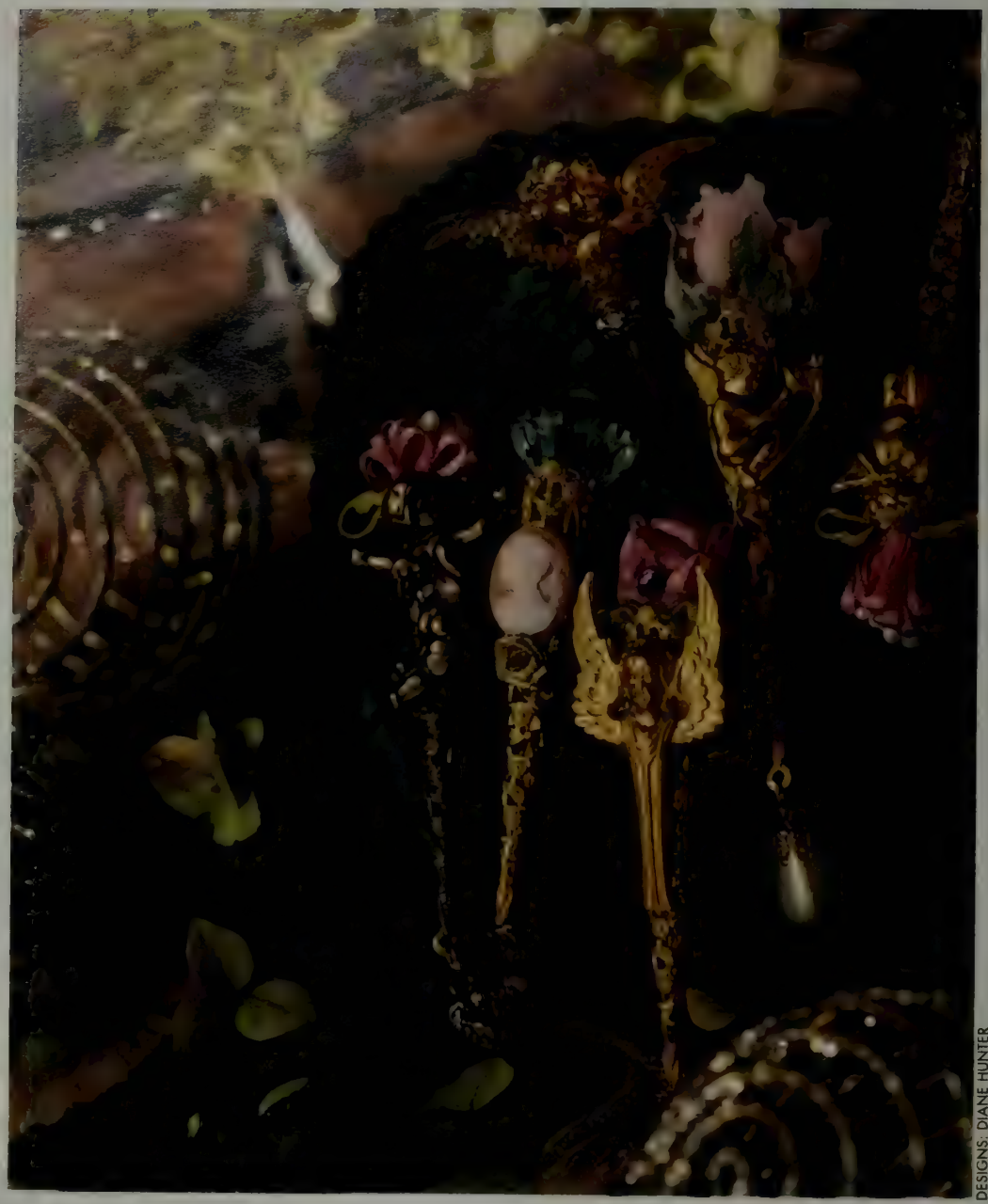


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continued from page 32



DESIGNS: DIANE HUNTER

Pins Charming

Tokens of affection can be ever so small and simple, as long as they tug at the sentimental heartstrings. These lapel pins do it with the dearest collage of charms, jewels, satin ribbons, and rosebuds.

Create charm pins to your heart's content. Using hot glue, you can make enough to slip one into a lapel, pin a pair to a hatband, and perch several on a velvet cushion—all in a matter of minutes. To make one, adhere a brass or cameo ornament to the front of a cone-shape, gold filigree bolo tip. (The bolo tip, at crafts stores, is the pin's foundation.) Affix pinback on the opposite side. Attach a pearl or brass charm to the bolo tip base with a ring loop. Top it off with a silk or ribbon flower or glass crystal. Add jewels and tiny rosettes, as desired.

continued on page 36



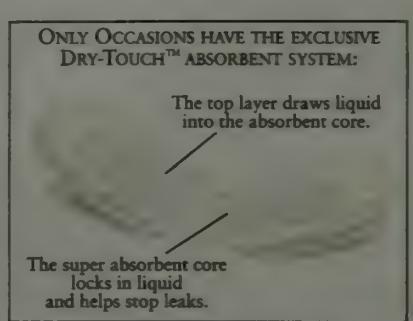
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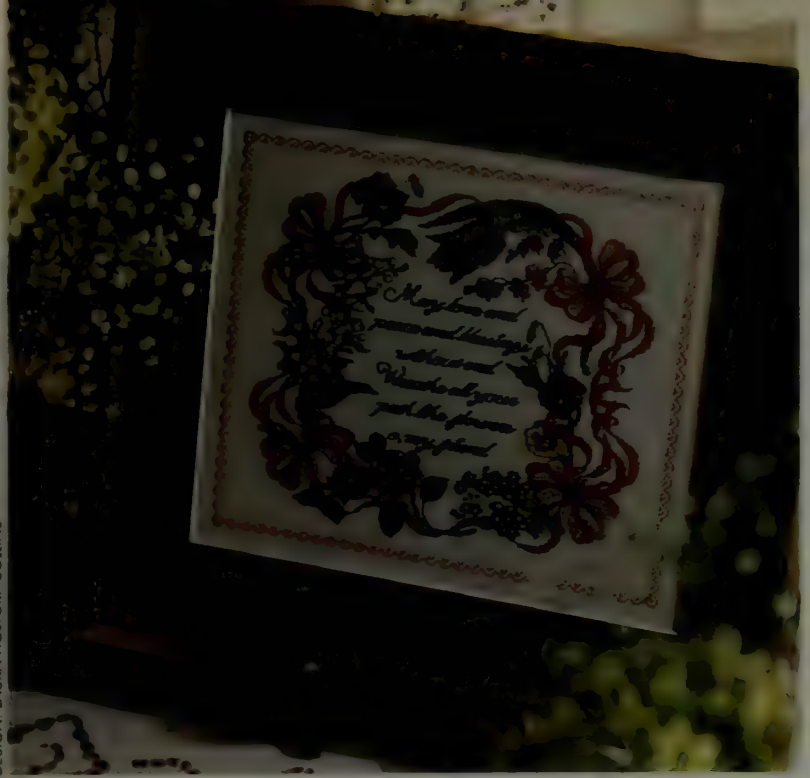
Romancing the Rose

Endearments of the heart needn't always be spoken. A bouquet of roses and the creativity of your hands can bestow sincere feelings, too. This enchantment is created with materials readily available from craft stores.



To make a bouquet, gather silk, velvet, and parchment roses, then surround them with an accent flower, such as lilies-of-the-valley. Pull flower stems through a lace-edged plastic bouquet holder. Trim one stem 7 inches long, the rest 5 inches long; wrap with white florist's tape. Hot-glue pearl-loop sprays among the roses. Glue round doily to the holder's underside, wrapping it down and around stems. Glue a bolo tip over the longest stem, adding a charm to the bolo's base with a ring loop. Tie two bows around the stem with wire-edged ribbon.



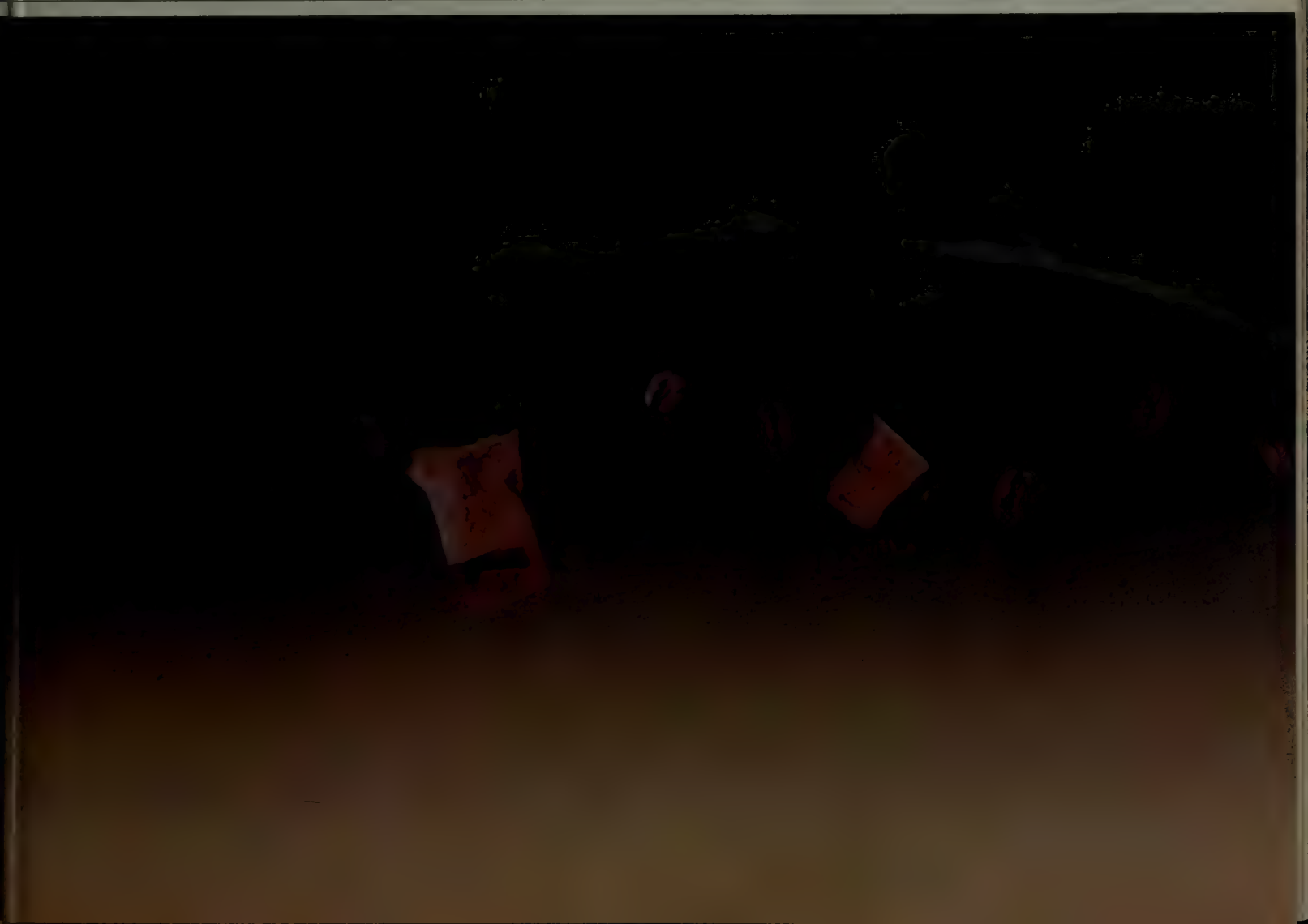


DESIGN LAURA HOLTORF COLLINS

Embroidered Everlastings

Express a message of heartfelt friendship with this gift of flowers. Embroidered in tiny cross-stitches, the garden blooms are everlasting and the thoughtfulness of the sender a lingering memory. On 18-count Aida fabric, the piece measures 8½×10 inches. To order a kit, see *below.*

SPECIAL CRAFT KIT OFFER You can duplicate the **Embroidered Everlastings Cross-Stitch Sampler,** *above,* with our exclusive kit. The counted cross-stitch kit, offered by special arrangement with Banar Designs and not available in stores, contains 18-count Aida cross-stitch fabric, embroidery floss, needle, chart, and complete step-by-step instructions. The message reads: "May love and peace and blessings without end Wreathe all your path like flowers o, my friend." To order the kit, send a check or money order for $17.95 to *Better Homes and Gardens* Reader Shopping Service, Department 9602, Box 9128, Des Moines, IA 50306-9128. The price of the kit includes shipping, handling, and applicable sales tax. Mastercard, Visa, and American Express card users may call 800/881-4066.



DESIGN

Candlestick Compositions

Candlesticks have long been paired with flowers to form the requisite centerpiece. With a little creativity, though, they can be the basis of an arrangement that's anything but expected.

One pair of candlesticks is good, but several pairs are even better. If they're similar in style and share the same materials, you can increase the display's drama without creating visual cacophony. Crystal candlesticks in a variety of shapes and sizes form a foundation for the groupings at *right*, appropriate for a dining table, mantel, or any horizontal surface. By coupling them with everyday items found throughout the house, the arrangements sparkle with personality as well as with candlelight.

To create arrangements that please the eye, follow the rules of balance. Let these examples light the way.



Serve up a bit of romance with roses: A symmetrically balanced grouping such as this one conveys a feeling of formality. To create this kind of balance, imagine a line down the center of the arrangement, then make sure the items on either side are mirror images in size, shape, and visual weight.

SWEETENED FLAVORED GROUND COFFEE THA



Add drama with the dazzle of mirrors: Asymmetrical balance comes into play when items on either side of a grouping are equal but not matching. In this case, there are more mirrors on the right side of the arrangement but they're balanced by the number—and height—of the candlesticks on the left side.



Reap more textural interest with plants: Don't let the formality of crystal keep you from adding casual accents. This display's individuality comes from the unexpected addition of natural materials. To strike a balance, increase the number of reflective pieces to counter the visually heavier opaque objects.





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Cutting Back on TV



A hundred years ago, American families gathered around the hearth in the evenings to share warmth and conversation. As they talked, they gestured with animation and looked one another in the eye. They reminisced, waxed philosophical, recounted family history, and shared dreams.

Later, the radio replaced the hearth as the focal point of family activity in the evenings. Where once the family entertained itself, now the wireless did the entertaining. But people still sat facing one another, sharing reactions to what they heard. And when the program was over or the station went off the air, they turned off the radio and talked about what they'd heard.

In the 1950s, television replaced radio and everything changed. This new medium required that people look at the screen instead of one another. The family circle became the family row with everyone lined up staring straight ahead, mesmerized by the incessant flicker.

My parents called it the idiot box and the boob tube. For years, they refused to allow one in the house, but they finally gave in and bought a Philco black and white when I was 11. When it broke, they refused to have it fixed, claiming that it was turning us into idiots and boobs. I didn't have instant access to a television again until my wife and I married and bought one for our small apartment. When our children were young, we used the television to keep them out from "underfoot." Whenever they seemed lacking for something to do, the television was turned on and there they sat. And stared.

WHENEVER THEY SEEMED LACKING FOR SOMETHING TO DO, THE TELEVISION WAS TURNED ON. AND THERE THEY SAT. AND STARED.

By the time the average American child enters first grade, he or she has watched more than 5,000 hours of television, and that doesn't include any TV watched during the first two years of life. In that respect, our children were average. But average hardly described the classroom performance of our oldest, Eric.

At the end of his first-grade year, Eric could not read; nonetheless, he was promoted. Over the next two years, his problems worsened. He became increasingly frustrated as he fell further and further behind his classmates. Eric was smart but inattentive—easily distracted, his teachers said. He didn't finish assignments, getting him to do his homework was a nightly battle, and he became a classroom behavior problem. Eric seemed like a child with both a learning disability and attention deficit disorder.

I didn't make the connection between his school problems and television until he was midway through third grade. I slowly came to the conclusion that television was disabling his ability to perform in school. It was upon this realization that my wife, Willie, and I made the most significant child-rearing decision we've ever made. The next day, the children came home from school and the television was gone. Not

continued on page 48


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Cutting TV

continued from page 46

unplugged. Gone. Given to charity. At first the kids were incredulous. They cried, they threatened to run away, they obsessed about television, they sneaked off to friends' houses to watch. They acted like addicts during withdrawal.

Willie and I were steadfast. It took three months to detox the kids, and it wasn't pleasant, but it was worth it. They developed hobbies, began asking to go to the local library, and stopped complaining of being bored. Best of all, Eric's grades began to rise. Three years later, he was reading above grade level, making straight A's, and was the model of good behavior in the classroom. In high school, he became a member of the honor society and graduated in the top 10 percent of his class. Today Eric is a commercial airline pilot, a job that requires intense powers of concentration.

Exactly how does television cause the sorts of problems Eric had, problems which seem to be afflicting more and more American school kids? The answer is simple. During the first six years of life, a child is learning how to learn. This learning takes place through hands-on activity, which means that the more active a child, the better he or she will do in school. But television induces passivity. A child watching television is doing nothing but staring at images that are changing every few seconds. The more television a preschool child watches, the more at-risk he or she is for later learning problems, regardless of intelligence.



A CHILD WATCHING TELEVISION IS STARING AT IMAGES THAT ARE CHANGING EVERY FEW SECONDS.

Remember that a child watching television doesn't attend to any one image for longer than a few seconds. Remember also that the average American preschooler watches 5,000 hours of television. Put the two together and you have a child who has difficulty paying attention to anything that doesn't flicker—a teacher or a book or a page of work.

The skeptics tell me I can't prove it, and they're right. But Willie and I, along with hundreds of other parents with whom we've spoken about TV, are convinced.

Real-family solutions for tuning out

by Barbara Hall Palar

By the time today's kids reach age 70, they will have watched 7 to 10 years of television. That's a lot of *Lucy*.

For more than a decade, the American Academy of Pediatrics has been warning parents about television's effects on children. Even so, most American children still spend more hours in front of the TV than performing any activity other than sleeping.

The academy's committee on communications, in a report released last fall, ties television watching to a number of alarming trends in kids, including:

- desensitization to violence
- obesity
- teen pregnancy
- use of alcohol and drugs

According to the committee's research, American teens see an estimated 14,000 sexual references and innuendos per year on TV, yet only 150 of these references deal with sexual responsibility, abstinence, or contraception.

Reports such as these cause many parents to seek ways to curtail TV without throwing the whole thing out. The academy recommends limiting children's television viewing to no more than 1 to 2 hours per day. And those hours should be carefully monitored by parents. But how? With everything else parents have to do, it's hard to be a TV cop, too.

My husband and I tried a variety of strategies with our three kids, ages 12, 8, and 6, before we found one that works. This is our plan:

No TV on school nights. Sunday through Thursday, the TV is turned off at 5 p.m. Friday is family movie night—a rental or a favorite from our collection. On Saturday evenings we watch Nickelodeon. The kids can watch cartoons or a video until 7:30 a.m. on school days, which gives them an hour to get ready for the bus, and until 8 a.m. on weekends. During the summer the set is turned off from 8 a.m. until 4 p.m., when they can watch until I arrive home at 5. All shows need to be parent-

continued on page 50



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Cutting TV

continued from page 48



approved. If my husband and I want to watch a program on a school night, (Thursdays are especially tempting), we simply say to the kids, "It's not TV time for you guys. Go find something to do." And they do. We make exceptions, especially for high-quality shows such as a National Geographic special airing on a school night.

We've been on this plan, or something close to it, for nearly two years. I can't say our children suddenly became creative geniuses, but we did notice a few dramatic changes. There is no more bargaining for delaying of responsibilities with "Just till my show's over. Pleeeease." Overall behavior improved. Before we implemented our plan, the kids tended to become unruly after about 30 minutes of TV, no matter what type of program was on. The bedlam escalated until one of the parents got mad, turned the TV off, and dispersed the perpetrators to various tasks. Now, because they know their TV time is limited, the kids usually sit quietly or work on a project while watching. No more gymnastics on the furniture. But the biggest bonus was our son's school performance. Within weeks of implementing our rule, we received a note from his first-grade teacher reporting a remarkable turnaround in his ability to pay attention in class. I don't credit shutting off the tube completely for this achievement—the improvement followed months of hard work and good communication between the teacher and myself. But turning off the TV helped.

"TODAY, TV ISN'T A VAST WASTELAND. IT'S A TOXIC WASTE DUMP."

We did it. And so can you. Here's how other families have "just said no" to too much TV.

Vast Wasteland: The Second Generation. In 1961, Newton Minow became head of the Federal Communications Commission and immediately declared television a "vast wasteland." He banned TV on school nights in his own home. His daughter, Nell, was 9.

Now Nell Minow has two children, 12 and 9, and they are not allowed to watch TV at all. "When we were growing up, TV was not as treacherous as it is today. 'That Girl' and her boyfriend, Donald, didn't sleep together. Samantha didn't take off her shirt. Today, TV isn't a vast wasteland. It's a toxic-waste dump," Nell says.

When her kids were preschoolers, they were allowed to watch *Sesame Street* and not much else. When their oldest was five, Nell and her husband, who live in the Washington D.C. area, decided it was time for a change. "We said, 'OK, no more TV.' The kids said, 'OK.'" The only exceptions: snow days and sick days.

When the PBS series *Ghostwriter* was first introduced, Nell allowed her children to watch it. But now that the show is in reruns, she decided it's not worth the time. "I'm trying to teach them that you watch a program. You don't watch TV. So we just turn it off. When the kids are in bed or away, I can watch TV. I'm a grown-up."

The family does watch movies together on the VCR, about twice per month during the school year and more in the summer. "During the summer months we have what we call 'Momfest,' because I love movies," Nell says. We'll read about Helen Keller then watch *The Miracle Worker.* Or, we'll watch *1776* and visit Philadelphia. The kids love it."

While Nell confesses to being a TV junkie herself, she and her husband have established a policy that helps reinforce her beliefs to her children: "When we got married, my husband told me, 'We will have one TV and it will not be in our bedroom.' That is a wonderful rule."

Tubeless in Seattle. When Debra Jefferson's son seemed to be getting hooked on the tube at age 9, Debra tried enforcing rules like no TV on school nights, but couldn't find a plan that was enforceable. So she made an agreement with him. He earns one half hour of TV time for reading a certain number of pages or chapters in a book. It worked. He started reading more, and found that he was hooked on books. Debra says she works hard to provide good literature for her son because she believes that junk books aren't much better than junk TV. Today, at age 12, her son watches about two hours of TV per week.

Chips Ahoy. Sharon Ahlquist of Temecula, California, got her idea from a magazine about seven years ago. At the beginning of each week she gave each of her two children 16 poker chips. Each chip could be redeemed for one half hour of TV. News shows were free. At the end of the week the kids received 25 cents each for any chips they didn't use. Sharon remembers that the kids, who are now in their late teens, would encourage each other to resist TV so they could save enough money to buy Nintendo (which is another story altogether).

MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children, 10% of all kids between and 10, wet the bed twice a week or more. If your ild is in school, chances are at least two of his assmates are in the same leaky boat. No child ould ever feel alone with this problem. But, of urse, they do.

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THE BEST BEGINNING

For starters, pediatricians know a lot more out the causes of "enuresis" (that's the official edical name for it) than they used to.

Doctors today deal with this problem all the me. They have new techniques and sometimes edicines that can help manage bed-wetting, if not iminate it altogether.

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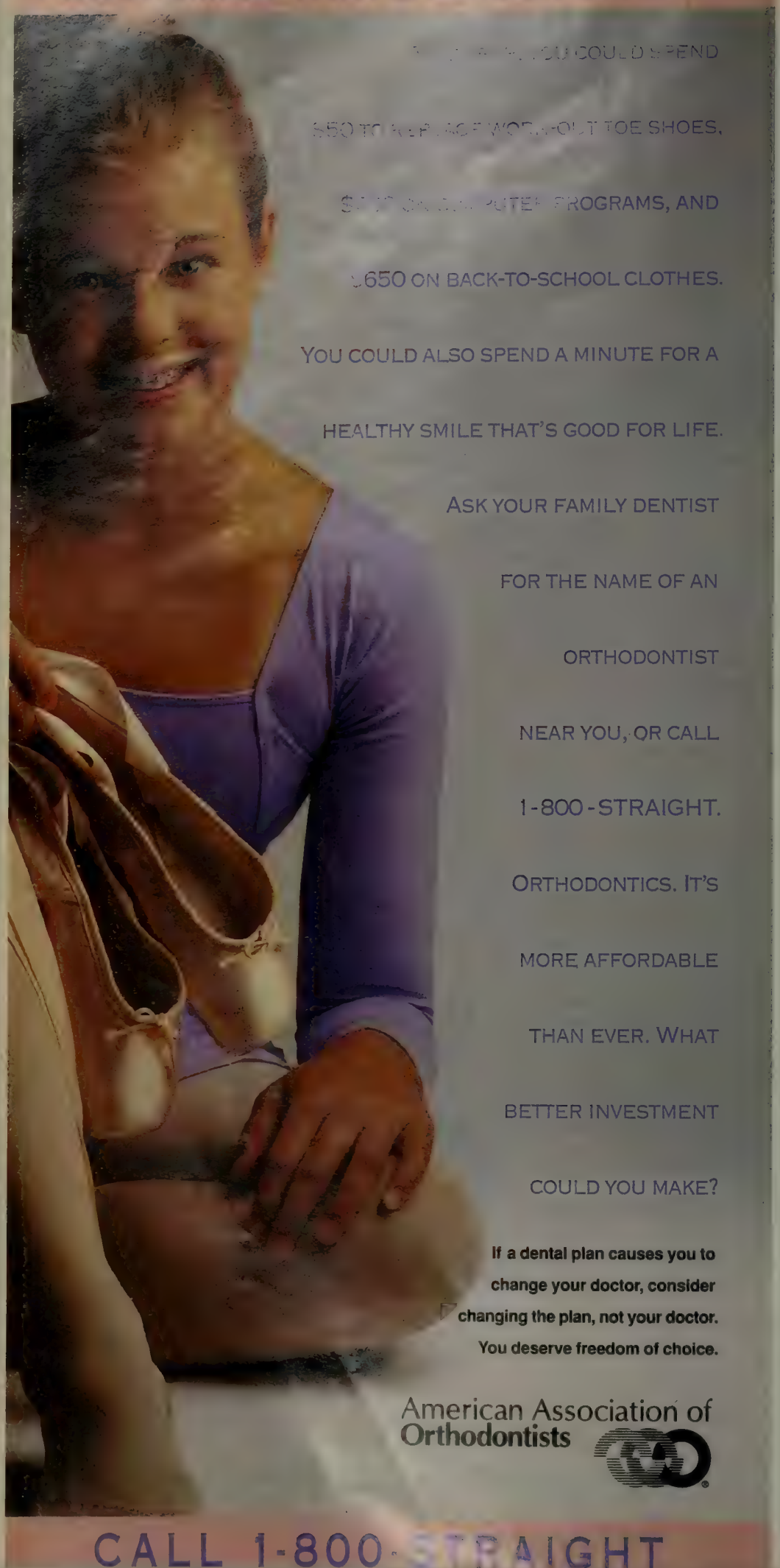
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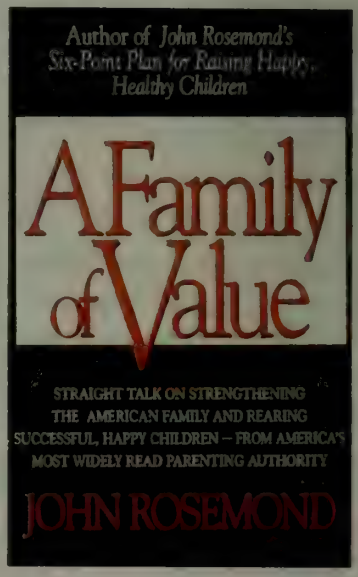
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READER SHOPPING

Advice for Busy Parents



If you enjoyed the parenting feature on *pages 46–50*, you'll enjoy reading John Rosemond's newest book, ***A Family of Value.*** Offered by special arrangement with Andrews and McMeel Publishers, the 306-page softcover book features seven information- and anecdote-packed chapters focusing on marriage, the traditional family, and old-fashioned child-rearing. A special question-and-answer chapter covers values, manners, television, time-outs, discipline, sibling rivalry, disobedience, aggression, money, family priorities, school, homework, toys, and grandparents. To order the book, send $17.95 to *Better Homes and Gardens®* magazine Reader Shopping Service, Department 9602, Box 9128, Des Moines, IA 50306-9128. The price of the book includes shipping, handling, and applicable sales tax.



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Breast Cancer

Beating the Odds

by Elizabeth Somer, M.A., R.D.



One in nine. This ominous statistic haunts women with a foreboding promise—one in nine of you, your friends, or family members will develop breast cancer sometime during your lives. No other cancer comes close to this statistic. Granted, this number reflects total, lifelong risk, not a woman's day-to-day risk, but the threat remains very real.

There is much you can do to decrease your risk. According to the National Academy of Sciences report, "Diet, Nutrition, and Cancer," lifestyle is responsible for up to 60 percent of cancers in women. A woman can lower her risk by not smoking, exercising regularly, and breast-feeding her babies. The best prevention of all is eating a low-fat, high-fiber diet. Limiting or avoiding alcohol may also be beneficial.

IT STARTS WITH HORMONES

Research is finally illuminating the causes of breast cancer. One link seems clear: Women in cultures with a low breast cancer rate, such as Japan, also have much lower estrogen levels (and a lower-fat diet). Women in the United States, where breast cancer risk is high, have 30 to 75 percent higher estrogen levels (and a higher-fat diet) than do women in Japan. It appears that estrogen, a natural female hormone, induces and promotes mammary (breast) tumors. This happens when too much fat in the diet upsets the estrogen balance in women. Some researchers even suggest that a high-fat diet during puberty, when hormones kick in to initiate breast development in females, could set the stage for breast cancer later in life.

THE FAT FACTOR

The first clue that lifestyle and diet, not just genetics, might alter estrogen and breast cancer risk came from studies on Japanese women who migrated to the United States. As these women adopted a high-fat Western diet, their risk and their children's risk of developing breast cancer rose to match those of non-Asian women in

continued on page 56

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Beating the Odds

continued from page 54

America. Other studies that have investigated disease rates across countries reported similar findings. One study found that a woman's risk for breast cancer increases as much as 30 percent for every 10 percent increase in calories coming from fat.

Studies on animals also document the relationship of dietary fat and breast cancer. Animals fed high-fat diets get cancer, while animals fed leaner fare don't. The more fat consumed and the longer it is consumed, the greater the breast cancer risk—at least in animals. One large-scale study, however, disputes the fat-breast cancer connection. The long-term Nurse's Health Study headed by Walter Willett, M.D., at Harvard School of Public Health monitored food habits and disease rates on more than 80,000 U.S. women. The study found no link between fat intake and breast cancer risk. Critics of this study argue that the results were riddled with possible inaccuracies.

Despite conflicting findings, many researchers are convinced of the fat-breast cancer link. Leonard Cohen, M.D., head of Nutrition and Endocrinology at the American Health Foundation, says, "Regarding breast cancer, there is a huge amount of data showing that the large amounts of fat making up the average U.S. diet is doing something and it's not good."

Another advantage of a low-fat diet is that you can maintain a healthy weight, which also lowers your risk for breast cancer. Emphasizing vegetables in your eating plan could help cut breast cancer risk by as much as tenfold. According to Dr. Willett, "Fruits and vegetables may help prevent many types of cancer, including breast cancer, and push you in the general direction of a healthful diet."

ALL FATS ARE NOT CREATED EQUAL

Eating a low-fat diet is a step in the right direction. But, there is one type of fat that may protect you against breast cancer. Studies show that increased olive oil consumption is associated with reduced breast cancer risk. Olive oil (as well as canola oil) is high in monounsaturated fats. On the other hand, polyunsaturated fats found in safflower, corn, and other vegetable oils may promote breast cancer; saturated fats found in meat, butter, and other dairy products may also escalate risk. Unfortunately, no one knows exactly how much olive oil is ideal, but when you have a choice in cooking, it might be prudent to reach for the olive oil rather than a stick of margarine.

SOY PROTECTION

Fat is not the only link to low estrogen levels in Japanese women. They also consume 30 to 50 times more soybean-based foods than women in the United States. Soy foods contain anticancer compounds called phytoestrogens. These compounds have shown a protective effect on breast tissue, especially in postmenopausal women.

Soy products also are excellent sources of fiber, which might lower estrogen and breast cancer risk on its own. One American Health Foundation study reported that estrogen levels dropped significantly within two months when women increased their fiber intake from 15 to 30 grams per day.

The optimal dose of soy products, such as cooked soybeans and tofu, remains elusive. Two or more servings weekly provides a low-fat, high-fiber alternative to meat and should benefit overall health, as well as possibly aiding in breast cancer prevention.

THE ALCOHOL CONNECTION

Research findings are more consistent when it comes to alcohol consumption. More than a dozen studies have found that moderate alcohol intake (3 or more drinks per week) increases breast cancer risk by 20 to 70 percent. "Alcohol may raise estrogen levels, which would help explain its underlying connection to breast cancer," says Dr. Willett.

On the other hand, moderate alcohol intake is associated with a reduction in the risk for heart disease, so you must weigh the evidence and decide which risk to reduce.

Elizabeth Somer, M.A., R.D., is author of ***Food & Mood*** *(1995) and* ***Nutrition for Women*** *(1993), published by Henry Holt & Co.* ⌂

WHAT SHOULD YOU DO?

Despite public outcry for guidance, no firm answers exist about the factors—dietary or otherwise—that cause breast cancer. We do know that cancer is a multistage process. Your best bet is to block that process throughout your lifetime with a host of healthful foods. That means you should:

- **Limit your intake of potential breast cancer initiators or promoters by cutting back on fat and alcohol.**
- **Eat a lot of foods loaded with cancer-fighting compounds, such as fiber-rich fruits, vegetables, and whole grains.**
- **Substitute moderate amounts of monounsaturated fats, such as olive and canola oils, for other fats in your diet.**
- **Consume several servings of soybean products each week.**

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fitness matters

GOOD NEWS ABOUT SHAPING UP

by Gary Legwold

Exercise Makes Old Arteries Feel Young Again



A National Institute on Aging study has good news for exercisers: Your hard work may slow down the process known as hardening of the arteries, a primary cause of high blood pressure that often leads to heart disease and strokes.

Using a special probe to measure neck artery stiffness in healthy volunteers, ages 21 to 96, scientists found the arteries of sedentary older people were two to five times stiffer than those of younger people. However, when endurance athletes in the older group were compared with their sedentary peers, the exercisers' arteries were 26 to 36 percent more flexible—almost as flexible as those of the younger people.

Jerome Fleg, M.D., an author of the study, says exercise may be a more appealing alternative to certain medications that decrease arterial stiffening but cause side effects.

You Can Stifle a Side Ache

It has probably happened to you. You just start to exercise when a sharp pain pinches your side. You want to kick yourself for eating or drinking too close to your workout, but what can you do now?

Stop your exercise, tighten your abdomen, and bend forward. Breathe deeply and exhale slowly through pursed lips until the stitch goes away. Researchers at New Zealand's University of Otago found this method works well for runners. Another trick they found is simply to tighten your belt. If you are not wearing one, push your fingers into the painful area. Or, raise your arms and reach above your head to stretch the abdominal muscles.

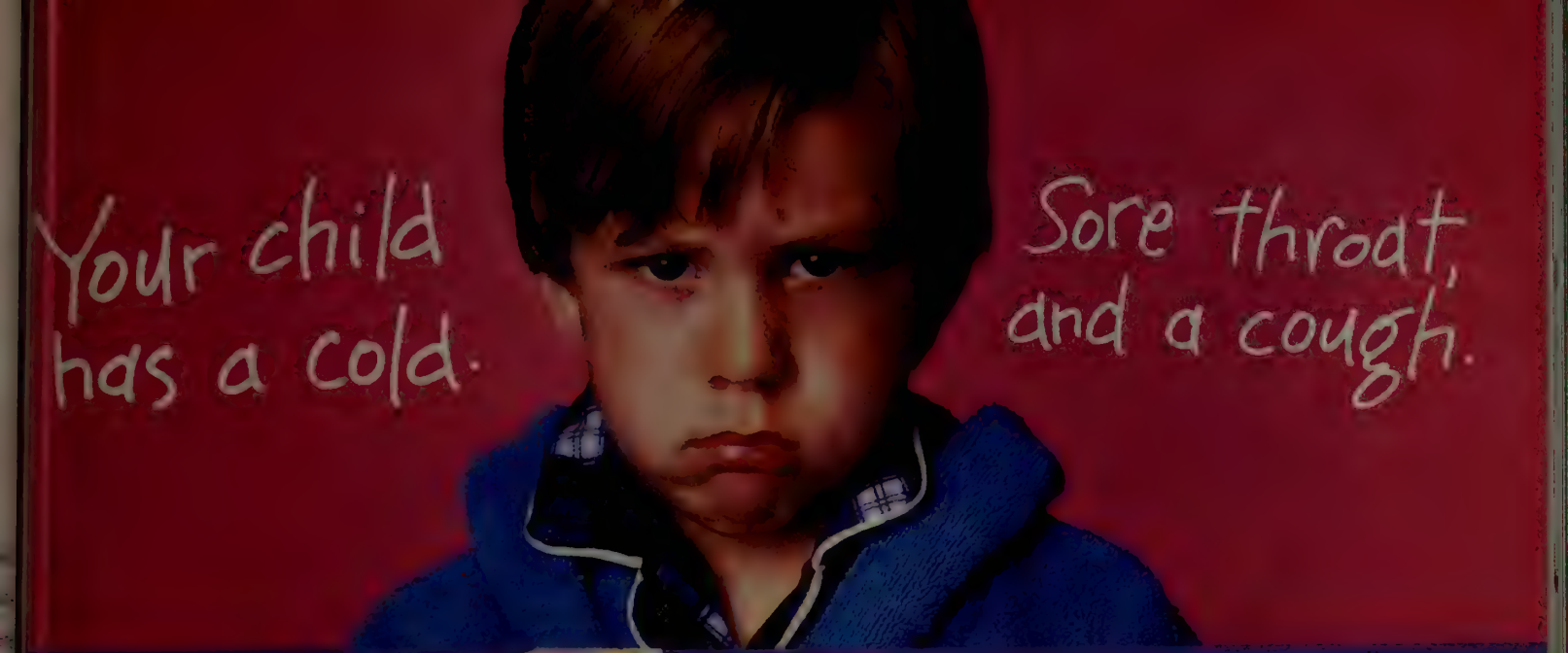
Experts aren't certain what causes stitches. Some believe they are the result of digestive gases that get trapped during exercise. But most scientists believe side stitches are caused by diaphragm spasms brought on by food or fluid weight in the stomach that pulls on ligaments connected to the diaphragm.



continued on page 60

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Fitness Matters *continued from page 58*



Jump into Shape

Jumping rope gets a lot of respect from fitness experts. It can increase leg, upper body, and aerobic capacity, and it's great for cross-training. You get a varied, inexpensive workout in just 20 minutes, but jumping rope has never caught on with the public. That's because it's hard.

Studies show that when you jump rope your heart rate can rise to 150–180 beats per minute, which may be 75 to 90 percent of maximum. This increase occurs almost immediately after you start jumping, says Gerald Masterson, Ph.D., assistant professor of exercise science and health promotion at Southwest Missouri State University.

"Jumping rope is easy to do and an excellent workout, but it can be taxing on the system, especially joints, if you're not in shape," he says.

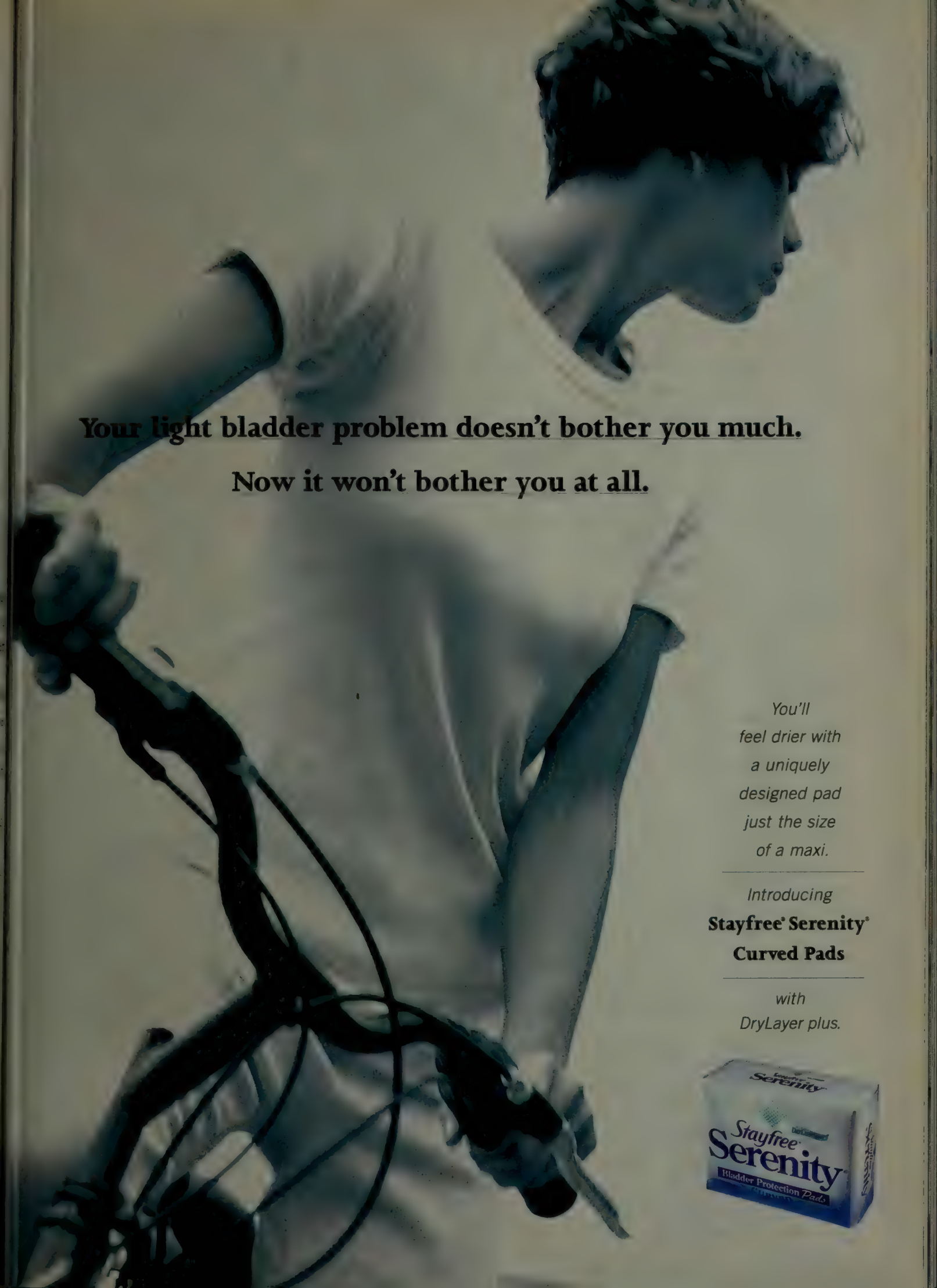
If you want to jump your way to better health, Masterson recommends you proceed cautiously for the first six weeks. Go with short intervals of jumping separated by rest, in a 1 to 3 ratio. Start with 15 seconds of jumping, then rest for 45 seconds. Continue this pattern for 20 minutes. Over several weeks, progressively decrease your rest time while increasing jumping time. Try not to jump on concrete, which is hard on your joints. Grass and gym floors are best.

Active Lifestyles Can Lower Risk of Colon Cancer

A Harvard University Medical School study of 47,000 men, ages 40 to 75, showed that those who exercised the most cut their risks of colon cancer in half compared with those who exercised the least.

How much exercise lowers the risk? The exact amount is unknown. "But

continued on page 62


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Fitness Matters

continued from page 60

you don't have to be a marathoner to get the benefit," says Edward Giovannucci, M.D., who performed the study. The men in the most active group exercised the weekly equivalent of six hours of walking, three hours of running, or four hours of tennis.

Dr. Giovannucci says other studies also have found that exercise lowers the risk of colon cancer. Why this happens is unclear, but experts believe exercise decreases the time that fecal material sits in the intestine, lessening the colon's exposure to possible cancer-causing agents.

Going Up Can Get You Down

Altitude sickness grounds thousands of skiers each year. The condition usually strikes during the first 12 hours on the mountain, the result of less oxygen at higher elevations. Symptoms include headache, nausea, fatigue, and sleeplessness.

To avoid altitude sickness, take it easy the first day or two, and allow your body to acclimate to less oxygen, says Mark Bracker, M.D., at the University of California, San Diego. Drink plenty of water or juice to avoid dehydration. Go easy on coffee and alcohol, which can cause increased urination and dehydration. And don't smoke. Smoking decreases the blood's oxygen-carrying capacity by increasing carbon monoxide levels. If these preventive measures don't work, ask your doctor about acetazolamide, a prescription drug that helps ease symptoms.

Diflucan®
(fluconazole 150-mg tablet)

for vaginal yeast infections due to *Candida*

Summary of patient information about DIFLUCAN (Dī-flū-can), fluconazole (flū-con-a-zol)

PLEASE READ THIS BEFORE USING DIFLUCAN for the treatment of vaginal yeast infections due to *Candida*

Pfizer wants you to know as much as possible about your medicines. The purpose of this summary is to inform you about DIFLUCAN and its use in the treatment of vaginal yeast infections. However, no summary can take the place of a discussion between you and your doctor or other healthcare professional. Your doctor has been provided with full prescribing information for DIFLUCAN, upon which this summary is based. You may want to read it and discuss any questions you may have.

What is a vaginal yeast infection?

In the vagina, yeast and bacteria live together in a balance that limits the excessive growth of either. When this normal balance is upset for any reason, an infection can occur. Changes within the vagina can be caused by increased moisture, as may happen during prolonged exposure to wet clothing or sweaty exercise outfits.

In addition, some medical conditions and certain medicines can increase the chances of getting a yeast infection. Specifically, the chances of getting an infection are higher in women who are pregnant, diabetic, using birth control pills, or taking antibiotics. Vaginal infections are common, and an estimated 75% of all adult women have at least one vaginal yeast infection in their lifetimes.

Vaginal yeast infections are uncomfortable and may cause itching, burning, and soreness. When infected, the lining of the vagina becomes inflamed (a condition known as vaginitis) and the vaginal area reddens. An increase in vaginal secretions is also common during yeast infections, and some women have a thick, white discharge.

What is *Candida*?

Most yeast infections are caused by a type of fungus called *Candida*. It is normal for the *Candida* yeast to live in the human body.

How does DIFLUCAN work against a yeast infection?

DIFLUCAN is an antifungal agent that works by interfering with the yeast's normal growth process. Because of this action, DIFLUCAN effectively cures most vaginal yeast infections due to *Candida*.

Who should NOT take DIFLUCAN?

DIFLUCAN should not be taken by anyone known to be allergic to fluconazole, the active ingredient, or to any of the inactive ingredients listed at the end of this Summary. Also, you should tell your doctor or other healthcare professional if you are allergic to any other medicines.

How should I take DIFLUCAN and what should I expect?

DIFLUCAN for vaginal yeast infections is a 150-mg tablet that is taken by mouth. Most patients can expect to see the beginning of symptom relief within 24 hours of taking the tablet. As DIFLUCAN works to cure the infection over a period of days, symptoms will gradually lessen and eventually disappear.

DIFLUCAN can be taken anytime—day or night, with or without meals. You should take it as soon as possible, **by mouth**, to ensure the earliest relief. If the symptoms have not started to go away within 3 to 5 days, you should contact your doctor or other healthcare professional.

Possible side effects

In US clinical studies of 448 patients taking a single dose of DIFLUCAN for vaginal yeast infections, the most common side effects reported were hea (13%), nausea (7%), and stomach pain (6%). Othe effects reported were diarrhea (3%), indigestion dizziness (1%), and changes in the way food tastes Overall, 26% of patients taking DIFLUCAN rep side effects, compared with 16% of 422 patients vaginal products. You may want to discuss with doctor or other healthcare professional whethe convenience of a single oral dose outweigh increased risk of side effects compared with treatments that are applied directly in the vagina should also tell your doctor or other health professional about any side effects you do experien

Important warnings and precautions

Follow your doctor's directions about how to DIFLUCAN, and be aware of the following points:

- If the symptoms of your vaginal yeast infection not improved within 3 to 5 days, co your doctor or other healthcare professional.
- DIFLUCAN has not been studied in preg women. If you are pregnant, your doctor sh prescribe DIFLUCAN only if the benefit to justifies the possible risk to the fetus.
- Because DIFLUCAN passes into human m you should not take DIFLUCAN while nursing.
- Be sure to tell your doctor and other health professionals about *all* the medicines you taking—prescription, nonprescription, and vitan They know about possible interactions betw medicines and are best able to prevent thi DIFLUCAN may interact with certain birth con pills, cimetidine (Tagamet), hydrocholorothiaz antacids, rifampin, warfarin (Coumadin), pheny (Dilantin), cyclosporine (Sandimmune), zidovu (Retrovir or AZT), theophylline, terfenad (Seldane), and oral antidiabetic medicines. If are not sure whether you are taking any of th medicines, check with your doctor, pharmacist other healthcare professional.
- DIFLUCAN has been connected to rare cases serious liver damage, including deaths, primaril patients with serious underlying medical conditio
- Rare cases of anaphylaxis (a severe allergic reacti have been reported, as well as rare cases of a sev skin disorder.

Cancer and impairment of fertility

Like most prescription drugs, DIFLUCAN was requi to be tested on animals before it was allowed for hum use. Often these tests are designed to achieve high drug levels than humans achieve at recommend dosing. In these tests, benign liver tumors we observed in some of the male animals and complicated labor/delivery was observed in so female animals. Your healthcare professional can t you more about how drugs are tested on animals a what the results of these tests mean about safety f you.

Pediatric use

One-dose DIFLUCAN treatment for vaginal yea infections due to *Candida* has not been studied children. When multiple-dose DIFLUCAN was used f the treatment of other infections in children up to th age of 17 years, the most commonly reported sid effects were vomiting (5%), stomach pain (3%), naus (2%), and diarrhea (2%).

Active ingredient: Each tablet contains 150 m fluconazole.

Inactive ingredients: Microcrystalline cellulos dibasic calcium phosphate anhydrous, povidon croscarmellose sodium, FD&C Red No. 40 aluminu lake dye, and magnesium stearate.

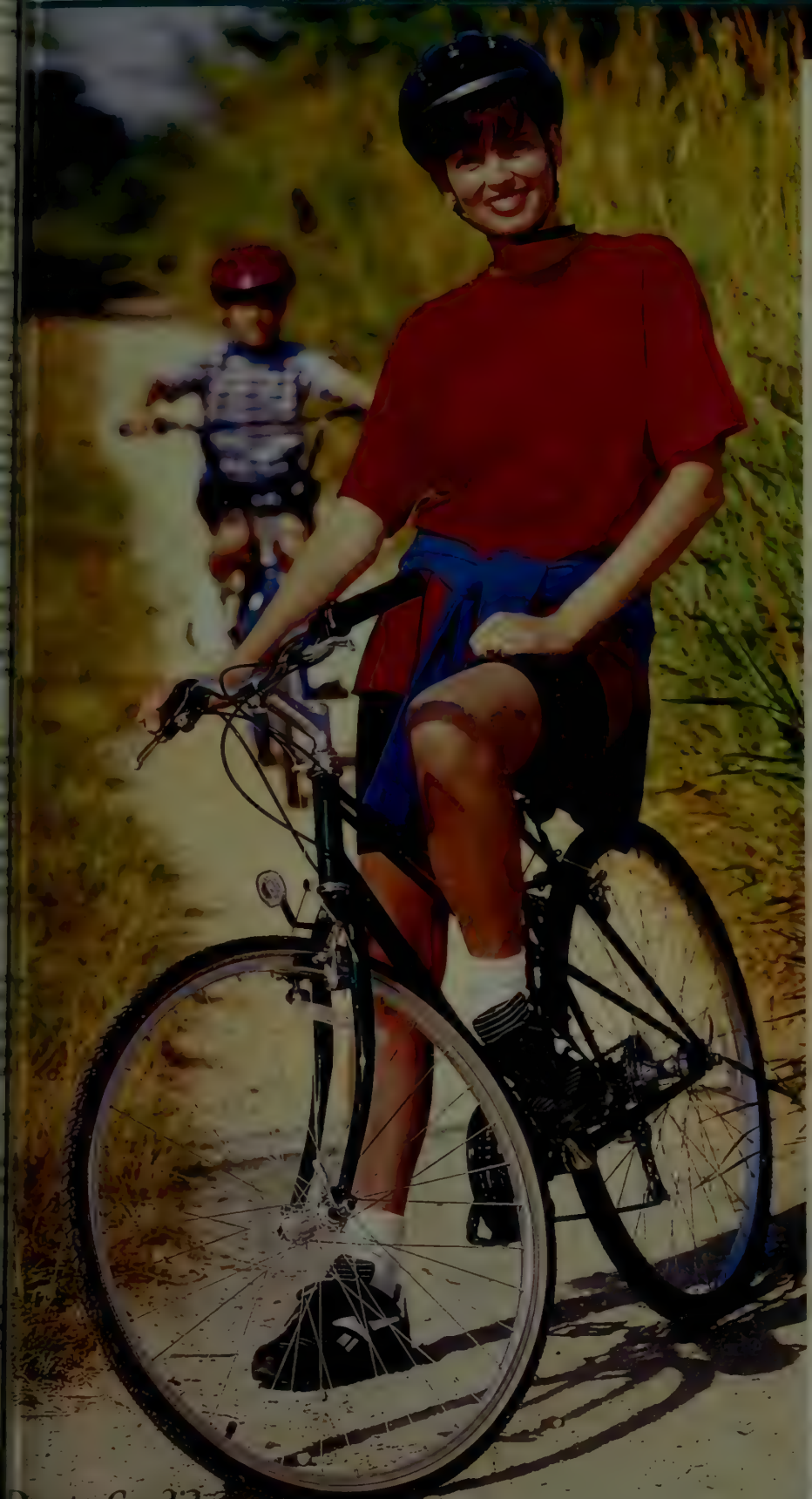
Caution: Federal law prohibits dispensing without prescription. You must see a doctor to receive prescription.

If you have any questions or want mor information about DIFLUCAN for th treatment of vaginal yeast infections, talk t your doctor or other healthcare professional.

Pfizer U.S. Pharmaceuticals Group

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Diflucan®
(fluconazole 150-mg tablet)

THE ONE-DOSE ORAL TREATMENT

Pfizer

Please see additional important product information on adjacent page.

Due to Candida

†Monistat 7 (miconazole) is a registered trademark of Ortho Pharmaceutical Corp; Gyne-Lotrimin (clotrimazole) is a registered trademark of Schering-Plough Corp; Mycelex-7 (clotrimazole) is a registered trademark of Bayer Corp.



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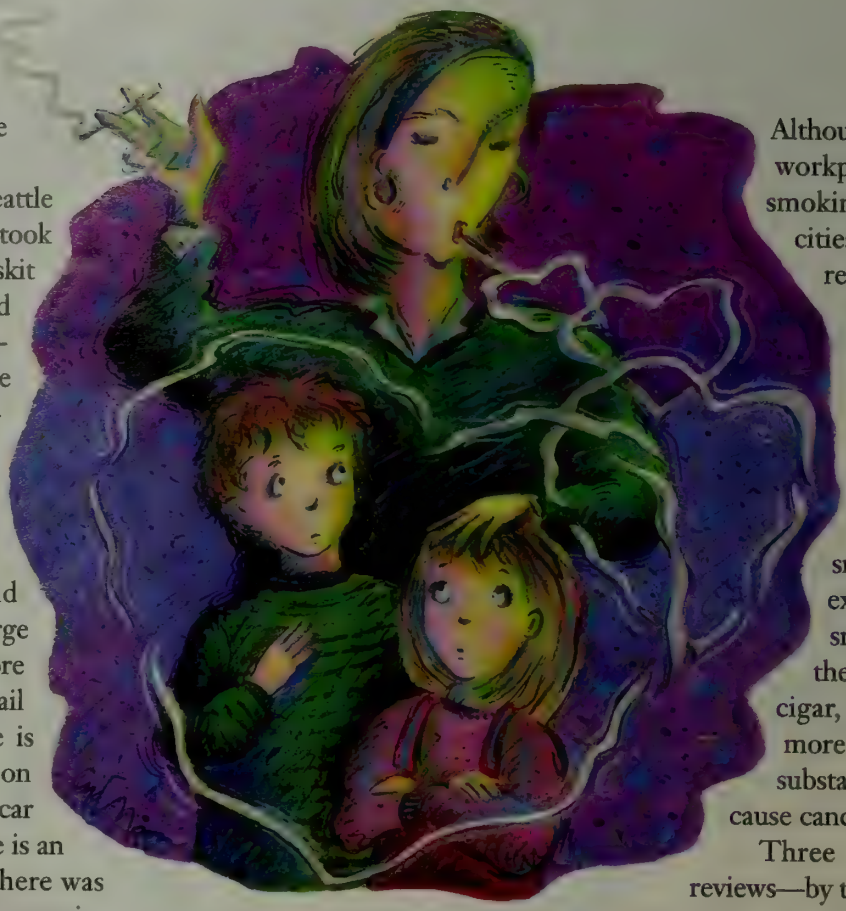
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by Nick Gallo

Secondhand Smoke

Clearing the air about the risks



Sometimes, a simple plea works.

Chanda Allen, a Seattle high school student, took part in a community skit last year that parodied tobacco and its chemical ingredients. At home one evening, she recited her lines for her mother and stepfather, both of whom smoked.

Cadmium, she told them, is used to recharge batteries. Acetone is more commonly known as nail polish remover. Butane is in lighter fluid. Carbon monoxide is found in car exhaust fumes. Nicotine is an insecticide. And then there was formaldehyde, cyanide, arsenic....

"At first, we were all laughing," says Chanda. "But then as I went down the list of toxic things, everybody stopped."

When she finished, she asked her parents, David and Jean Vrablik, "Do you think it's fair to make us smoke this stuff? Because that's what we're doing. We're smoking it, too."

That night, her stepfather quit. He hasn't smoked since. Her mom doesn't smoke in the house anymore. "I think she'll quit," Chanda says. "She thinks all that stuff is really gross, too."

Like Chanda, millions of Americans are suspicious about secondhand smoke. A series of well-publicized medical reports have linked secondhand smoke to lung cancer, heart disease, and several respiratory ailments.

"SECONDHAND SMOKE CONTAINS MORE THAN 4,000 CHEMICALS, INCLUDING 40 THAT CAUSE CANCER."

"Cigarette smoke has gone from being dismissed as an irritant to accepted as an environmental toxin," says Stanton Glantz, Ph.D., professor of medicine at the University of California, San Francisco, and a foe of the tobacco industry.

Although more than half of all workplaces ban or restrict smoking, and hundreds of cities have laws requiring restaurants to be smoke-free, many people continue to work and live amid swirls of smoke.

It's a smoldering subject. Secondhand smoke, also called environmental tobacco smoke, is a mixture of exhaled smoke and the smoke that escapes from the lit end of a cigarette, cigar, or pipe. It contains more than 4,000 chemical substances, including 40 that cause cancer.

Three major scientific reviews—by the U.S. Environmental Protection Agency (EPA), the Surgeon General, and the National Academy of Sciences—directly blame secondhand smoke for a host of health problems. Many medical experts believe it kills 53,000 Americans each year, making it the third leading cause of preventable death, after active smoking and alcohol abuse. Other bad news:

- Passive smoke is responsible for more than 3,000 lung-cancer deaths, and as many as 300,000 annual cases of bronchitis and pneumonia in children under 18 months old, the EPA says. After reviewing more than 30 studies, EPA scientists classified secondhand smoke as a carcinogen.
- Exposure to secondhand smoke causes more than 35,000 heart disease deaths each year, according to the American Heart Association.

continued on page 68

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Secondhand Smoke

continued from page 66

• Breathing the smoke of 10 cigarettes a day raises a child's chances of getting asthma, reports the American Academy of Pediatrics.

• Secondhand smoke can triple an infant's risk of dying from sudden infant death syndrome, researchers at the University of California, San Diego, have found.

The tobacco industry denies these health hazards and has sued the EPA over its findings. The various studies do not support the conclusions reached by researchers, says Thomas Lauria, spokesperson for The Tobacco Institute. The institute alleges that EPA officials lowered their scientific standards and statistically manipulated data to reach a "politically correct" conclusion.

Other studies, Lauria says, involved flawed data or selective interpretation of findings. He concedes that cigarette smoke can be annoying, but says the health risks of secondhand smoke are "not even slight" when all the studies are objectively evaluated.

The risks estimated from secondhand smoke are based mostly on epidemiology, which means that scientists examine patterns of illness among people rather than proving cause-and-effect in experiments.

Where there's smoke, there's risk. Researchers found that nonsmoking women who lived with a smoker had a small, but significant, increased risk of lung cancer. Women exposed to heavy secondhand smoke during their adult lives, who also had exposure during childhood, had about a three times greater risk of lung cancer than women with little or no exposure to secondhand smoke.

As large as that seems, the risk doesn't approach that of an active smoker, who may have a 1,000 percent higher risk than a nonsmoker.

One way to judge risk is to look at who dies from lung cancer. More than 100,000 lung-cancer deaths each year are attributed to active smoking, while only 3,000 are blamed on passive smoking, says Tom Houston, M.D., director of preventive medicine and environmental health at the American Medical Association.



"SMOKE ISN'T EASILY CONTAINED. JUST LIKE CHLORINE IN A POOL, IT SPREADS TO AREAS WHERE IT ISN'T."

The risk picture is similar with heart disease. "If you smoke, your risk at least doubles—it goes up about 100 percent," says Glantz, the heart-disease researcher. "With secondhand smoke, it goes up about 30 percent." A study last year in *The Journal of the American Medical Association* suggested the ways secondhand smoke damages the heart. It may reduce the availability of oxygen to the heart and makes some

continued on page 70

HOW TO GET ACTIVE ABOUT PASSIVE SMOKE

The proven dangers of secondhand smoke give you plenty of reason to speak out. Here are some ways to protect yourself and your family's health.

• **Adopt a no-smoking policy in your home.** Don't smoke or let anyone else smoke there, especially around children, says Tom Houston, M.D., director of preventive medicine and environmental health at the American Medical Association.

"Children need clean air," he says. "Their lungs are still developing and they're so much more vulnerable to smoke that you have to keep it away from them entirely."

• **If you live with a smoker, work together to make changes.** Start by being positive and supportive, suggests Edwin Fisher, Ph.D., director of the Center for Health Behavior Research at Washington University in St. Louis. "Let a smoker know that you care about him or her."

• **Be clear about your own stake in the issue.** Gather facts about the dangers of secondhand smoke and explain your worries. "You can say, 'Look, I'm not trying to run your life, but this is important to my health,' " Fisher suggests.

• **Don't nag, demand, or give a guilt trip.** Ask for cooperation. Many smokers make changes readily once they understand they are jeopardizing the health of others, Fisher says.

• **Ultimately, encourage your loved one to quit smoking altogether.** Today there are as many former smokers—46 million—as there are current smokers. About 15 percent of current smokers are in an "action" phase, meaning they are ready to quit, and another 30 percent are "thinking about quitting," says Jane Till, a smoking-cessation expert who lives in Southfield, Michigan.

You can help by providing a positive environment, she says. Although you can't make someone stop smoking, you can pledge to be supportive.

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Secondhand Smoke

continued from page 68

blood cells stickier, increasing the likelihood of blood clots that cause heart attacks. It also may spur development of plaques, those fatty deposits in arteries that promote heart disease.

So how much exposure to secondhand smoke must you have to suffer harm? Certainly, risks increase as your exposure does. If you have lived a lifetime with a smoker or worked near a heavy smoker for many years, you are likely to have inhaled worrisome amounts, says Dr. Houston.

Doctors aren't certain how much long-term harm may come from dining in smoky restaurants, though it is known that secondhand smoke can trigger asthma, allergies, and other respiratory problems in people sensitive to smoke, he says.

"We don't know yet what the lowest level of exposure is to be able to tell people that they are 'safe,' " Dr. Houston says. "For that reason, we strongly advocate for the total removal of cigarette smoke from indoor environments."

Many people breathe more secondhand smoke than they realize. In a University of Maryland study, adults were asked to record their days in diaries. Almost half were exposed to secondhand smoke an average of six hours a day.

Ventilation can help remove some contaminants and may erase odor, but EPA research shows that many pollutants still linger. Even nonsmoking sections don't offer complete protection.

"Typically, nonsmoking sections still have about half the pollutant levels of smoking sections," says James Repace, a physicist and longtime researcher of tobacco exposure. "Smoke isn't contained easily. Just like chlorine in a pool, it spreads to areas where it isn't."

Work without smoke. Almost 90 percent of U.S. workplaces have some form of smoking regulations. The Occupational Safety and Health Administration has proposed regulations to curtail smoking in workplaces that affect over 70 million employees. Already, the White House, Pentagon, U.S. post offices, and McDonald's corporate-owned restaurants are all smoke-free.

Still, you may be exposed to smoke at work and want protection. The first step is to know the law. Call your local health department to find out if local ordinances restrict on-the-job smoking. Americans for Nonsmokers' Rights, a clean-air lobbying group based in Berkeley, California, has a national database of local smoking ordinances.

Be familiar with EPA recommendations. If smoking is allowed indoors, it should be in an enclosed room and air should be directly vented outside by an exhaust fan, not recirculated. Nonsmokers should not have to use the smoking room for any purpose.

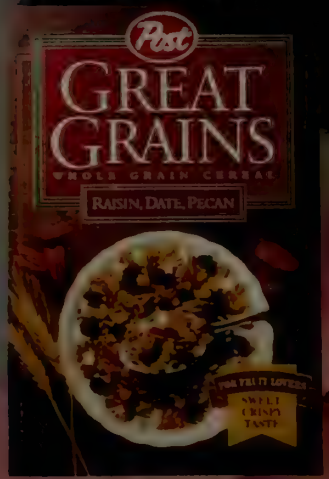


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Contact appropriate managers and labor representatives with your complaint. Don't be confrontational, advises Robin Hobart, associate director of Americans for Nonsmokers' Rights. Sometimes, pointing out the law or making employers aware of smoke's health hazards is all it takes. But be prepared to state the bottom line: Courts could hold your employer legally liable for your exposure to secondhand smoke. Hobart stresses that there is strength in numbers so gather support from coworkers before approaching supervisors. If none of these measures work, you may have to consult with an attorney.

After spending four years working as an insurance broker in a smoke-filled Los Angeles office, Andrea Portenier developed an asthma-like condition. Her doctor confirmed that her respiratory problems were aggravated by smoke, and she asked her supervisors for a smoke-free environment. The firm's lawyer suggested she wear a mask to the office. Andrea left her job, sued the company for assault and battery, and won an out-of-court settlement. "When you can't breathe, it's a terrifying experience," she says. "I had to choose between my health and my livelihood."

Workers harmed by secondhand smoke have won relief under worker's compensation. Recently, nonsmokers have brought suits under the Americans with Disability Act, maintaining they are disabled by secondhand smoke. The act prohibits employers and owners of public places to discriminate against people with disabilities.

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by Michele Meyer

Winning the Weight Game



Janet Nache remembers visiting her father in the intensive care unit just before he died. His aorta, the artery that carries blood to the rest of the body, ruptured after years of high blood pressure. He was 50.

"It scared me how many young people were in there," says Janet, then 19. "I thought, 'This could be me in five or ten years.' " It almost was.

Fifteen years later Janet was 120 pounds overweight, wearing a size 24½ dress. Her blood pressure was 180/128, and her cholesterol level was 296. (Doctors generally become concerned with blood pressure higher than 150/100 and cholesterol levels over 200.) One day she saw her reflection in a store window and prayed that it wasn't all her. "I turned around, but there was no one standing behind me," she says. "I said 'I've got to do something.' "

Easier said than done, as Janet—and any dieter—will tell you. Obesity has become an alarming epidemic in this country. Currently 58 million of us—one-third of all adults—are obese, or more than 20 percent above our desired weight. That's up from one-quarter of Americans who were overweight 15 years ago.

The consequences of those added pounds may be more than discomfort. A recent study in *The New England Journal of Medicine* found that excess pounds may cause premature death among women. Other studies show that middle-age spread is not as inevitable as wrinkles or thinning hair. That's why, in contrast to years past, age makes no difference in the new recommended dietary guidelines (see chart on *page 81*).

FEELING BETTER ISN'T THE ONLY PRIZE FOR LOSING THOSE EXTRA POUNDS. YOU MAY ACTUALLY LIVE LONGER.

"The whole notion that it's advisable to gain weight as you get older has been debunked," says JoAnn Manson, M.D., co-director of the women's health department at Brigham & Women's Hospital at Harvard Medical School. "Although it's the norm in the United States to gain twenty to twenty-five pounds in adulthood, that doesn't mean it's healthy."

Lose to keep going. Dr. Manson, author of the weight and premature death study, examined data from a group of 115,000 women, ages 30–55, who were free of cardiovascular disease and cancer. The study found it is important to avoid substantial weight gain in adulthood.

"We're talking twenty or more pounds, not ten pounds," Dr. Manson says. A weight gain of 10 to 15 pounds should not be cause for alarm, she says, but should function as a strong incentive to increase exercise as you also decrease fat in your diet to avoid more substantial weight gain.

The other message, she says, is that if you are overweight, even a modest weight loss of 10 pounds can have significant benefits, lowering your blood pressure, blood sugar, and cholesterol.

According to Dr. Manson's research, a woman who is 5 feet 5 inches tall and weighs 120 to 149 pounds has a 20 percent increase in risk of premature death compared with a lean woman. From 150 to 160 pounds, the risk rises to 30 percent. From 161 to 175 pounds, it jumps to 60 percent. Above 175 pounds, the chance of premature death more than doubles.

continued on page 78


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Weight Game

continued from page 76

How do you measure up? You are the best judge of whether you are carrying too much weight. Check your weight against recommended weight guidelines and measure your body mass index, or BMI (see *below*). The location of fat on your body also is important. Most women have pear-shaped bodies with fat typically collecting on their thighs and buttocks, and men generally have apple-shaped bodies with fat building up around their stomach. Abdominal fat increases your health risks.

To find if you're at risk, measure your waist at your navel, then your hips at their widest point. Divide your waist measurement by your hip measurement. If you are a woman and the total is .8 or above, you are at an increased health risk. For men, the risk starts at .95. Your doctor or health club also can measure body fat with calipers or by other means. An acceptable amount of body fat is 16 to 19 percent for most men, and 22 to 26 percent for most women.

Since heredity helps define your health risks, evaluate your risks of heart disease, cancer, and diabetes with your doctor, says Barbara Moore, executive director of Shape Up America!, a nonprofit educational campaign to promote healthy lifestyles. If you're at a high risk for one of these diseases, you might have to watch every few pounds. If not, you probably can afford an extra 10 pounds on your frame, she says.

After Janet Nache conducted a self-assessment, she started a diet. Her success is a testament to the benefits of weight loss. Eight years ago she lost 120 pounds, dropping to a size 6. Her blood pressure fell to 98/72 and her cholesterol to 211. Her high-density lipoprotein or HDL cholesterol, the good cholesterol, jumped from 30 to 83.

Ways to keep it off. Once you lose the weight, the trick comes in keeping it off. First, set a reasonable and achievable goal. "A five- or ten-pound loss can go a long way," says Tom Wadden, Ph.D., director of the Weight and Eating Disorders Program at the University of Pennsylvania School of Medicine.

If you've got more than 10 pounds to lose, attack 10 pounds at a time. Once you've kept the first 10 off for about six months, then face the next 10 pounds. Also, give yourself ample time to reach your goal—at least five to 10 weeks to lose 10 pounds. "You'll decrease the likelihood that you'll get frustrated," Wadden says.

Don't beat yourself up if you do regain some weight. "Yo-yo dieting isn't as dangerous as previously believed," Dr. Manson says. "Though it's best to lose weight and maintain weight loss, there appears to be an advantage to having periods when your weight is lower."

Pick a weight-loss program you can embrace and stick with, rather than one you find hard to maintain, says Wadden. Choose varied exercise you enjoy and a diet that's low in fat and plentiful in fruits and vegetables,

continued on page 80

WHAT'S YOUR BMI?

Medical researchers devised the Body Mass Index (BMI) to help determine if you are overweight. The recommended weight guidelines call for a BMI of 25 or lower. A BMI of 27.3 or higher for women and 27.8 or higher for men is considered overweight and cause for concern.

To determine your BMI, multiply your weight in pounds by 705. Divide the result by your height in inches. Then, divide again by your height in inches to arrive at your BMI. For example, a 5-foot 6-inch woman who weighs 140 pounds has a BMI of 22.6. Remember the BMI is just a general guideline. "A little more attention on diet and activity and a little less on weight would be healthy for all of us," says Tim Byers, M.D., professor of preventive medicine at the University of Colorado School of Medicine in Denver.



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Weight Game

continued from page 78

but not overly restrictive.

Recording her food intake and exercise finally ended Janet's roller-coaster diet. She jotted down what, when, and why she ate, as well as all physical activity. "If I was struggling, I could look and say, 'No wonder you're having a problem.' "

By charting her weight loss by half pounds, she wasn't overwhelmed by how much weight she had to lose. "Just little steps excited me," Janet says. "Even if it was only a little improvement, I was doing better than a week or a month ago."

Start moving. Like most successful dieters, Janet learned to move it to lose it. Few people realize what sedentary lives they lead, says C. Everett Koop, M.D., former U.S. Surgeon General and senior scholar at the C. Everett Koop Institute.

"Average Americans watch three to four hours of TV a day," he says. "They don't even get up to change the channels, and during commercials, they stuff themselves."

Simple measures make the difference. Stretch and bend while watching TV. If you're sitting in a hard chair, you can work your entire body. Lift your body off the chair with stiffened arms for an easy push-up. Work the thighs and lower legs by raising and lowering one leg at a time. If you stand facing the chair, you can put your hands on the front and perform knee bends.

Don't depend on energy-saving devices, such as electric can openers, mixers, garage-door openers, and TV remotes, suggests Wadden. "Each time you use one, it saves 3–5 calories you could be burning. Over time that makes a difference."

Boost your activity by climbing stairs or going to the farthest bathroom. Just eliminating one home phone extension can add 70 miles of walking per year, resulting in a 2-pound weight loss, Dr. Koop says.

Don't jump in the car for every errand. Walk to the mailbox or convenience store. Park farther from work and the mall or get off at an earlier bus stop and walk to your destination. Worried you're stealing time from your kids? Have them join you for weekend bike rides or after-dinner walks. You'll be glad you did, and not just for the weight loss. "If you exercise a little, you'll want to do more," Dr. Koop says. "Almost everyone who takes up an exercise program says, 'I feel so much better.' But you've got to do it to prove it."

Eat to live well. The same approach applies to what you eat. Start small, getting accustomed to one change before adding another. Buy a food scale and learn the actual



sizes of portions. A meat serving, for instance, is the size of a deck of cards. Valerie Haughton, 46, an accountant and mother of three in Bensalem, Pennsylvania, says she was surprised to realize that a box of potatoes au gratin contained four servings. "I used to fix three boxes for my family of five," she says.

Read labels. "Fat free" doesn't mean calorie free. "You'd be surprised how many hidden fat and sugar calories there are," Wadden says. "Most people can cut those and eliminate 300 to 500 calories a day."

Take serving dishes off the table—and don't return for seconds. To prevent grazing, clear plates immediately into the disposal after meals. Wadden suggests trying to leave calorie cows, such as prepackaged foods, on the grocery shelves. When your family members want a treat, they'll have to go elsewhere for it.

Janet, who used to eat an entire cake in one sitting, now chews sugar-free gum. After washing the dinner dishes, she treats herself to fresh fruit and tea. Then she avoids the kitchen completely. She even removed her kitchen phone to prevent nibbling while chatting.

If you find dieting too challenging on your own, consider seeking a dietician's advice. They charge from $35 to $100 an hour. To find one, check with your doctor or a hospital.

Once you reach your goal, never let it go. Valerie's secret to keeping off the 50 pounds she lost three years ago is to write down everything she eats once she gains three pounds, and the weight comes off. Says Janet: "Everyone knows what you're supposed to do. It's just getting up in the morning and saying, 'I'm going to do it.' And you've got to do it for yourself. That's the key to success." ⌂

THE WEIGH WE SHOULD BE

Every five years, the federal government evaluates healthy weight ranges, based on the latest research. The new recommendations apply to men and women and do not allow for weight gain as you age.

Ranges are given because people of the same height may have equal amounts of body fat, but different amounts of muscle and bone. The higher weight in each range applies to people who have more muscle and bone.

Height	Weight (in pounds)
4'10"	91–119
4'11"	94–124
5'0"	97–128
5'1"	101–132
5'2"	104–137
5'3"	107–141
5'4"	111–146
5'5"	114–150
5'6"	118–155
5'7"	121–160
5'8"	125–164
5'9"	129–169
5'10"	132–174
5'11"	136–179
6'0"	140–184
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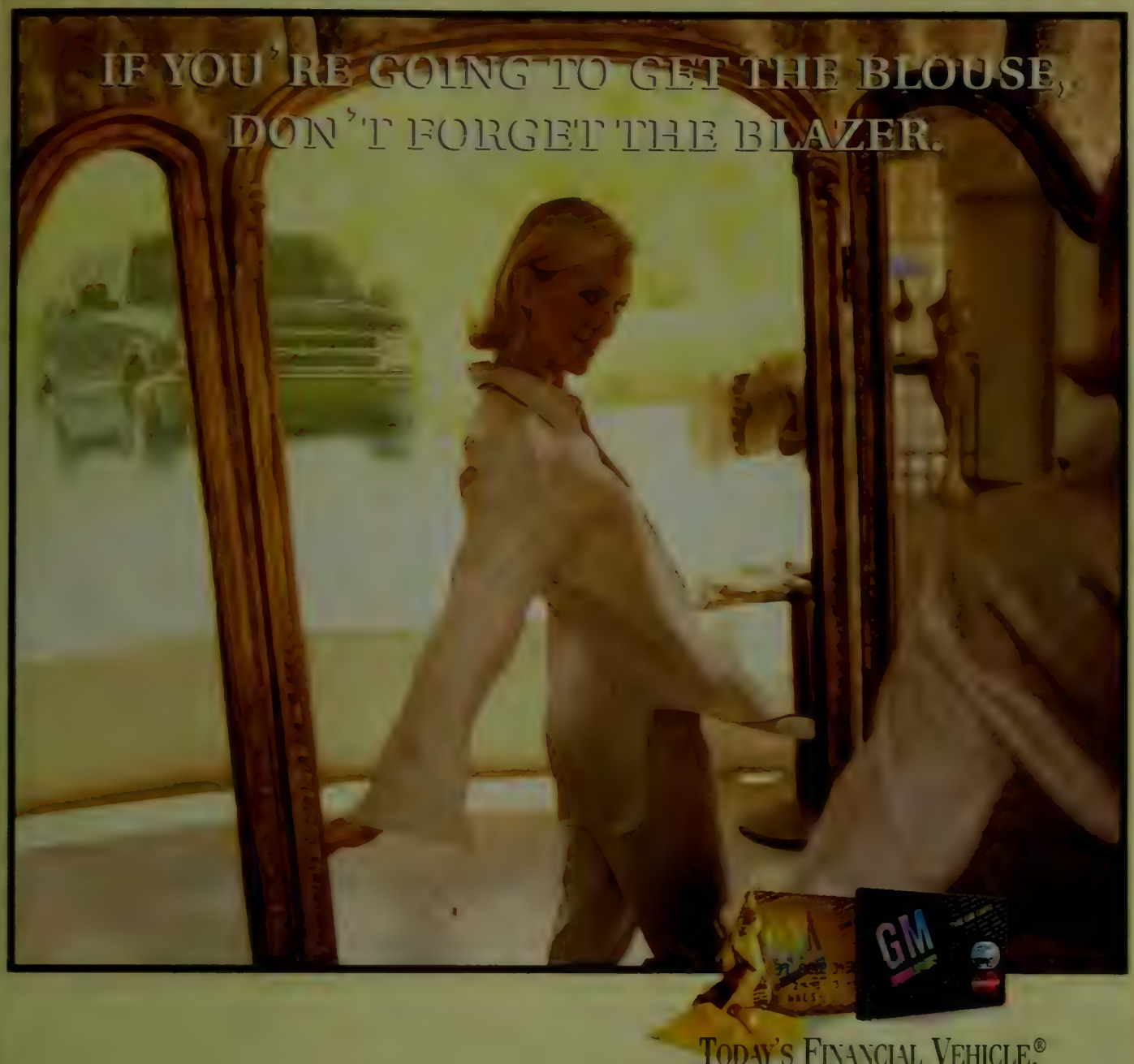
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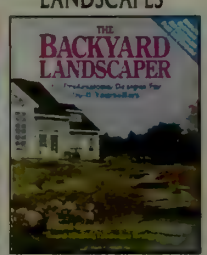
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Striking a Balance



Plaid lamp: 25" high

Green table: 23½" high



Iron lamp: 28½" high

Antique box: 15½" high

No, your sofa's end tables don't have to be a perfect match. But you should create a graceful balancing act. Here's how.

It's a common dilemma: one sofa with two ends, each needing a table and lamp. Short of taking the easy (and boring) way out by cloning the same furnishings at both ends of the sofa, here's how you can create an eye-pleasing balance.



First, forget about finding tables of the same height and width. That doesn't have to be a factor in creating balance. Don't worry about matching wood finishes, either. Here, the contrast between a painted end table and a primitive pine trunk keeps the look lively. Remember, visual balance doesn't mean sameness.

To shake up your style, pick end pieces that speak to you, then teach them to speak to each other by selecting the right lamps and tabletop accessories—the real keys to balancing the two ends of the sofa. Strive for the tallest tabletop objects—probably your lamps—to reach nearly the same height. So, if one table is lower than the other, a taller lamp will help to balance the opposing arrangement.

Once vertical balance is set with the lamps, focus on balancing the accessories. One solution is symmetrical: an even distribution of objects on either side of the lamp, as shown on the green table, *left*. Then, spice things up with asymmetrical balance on the other table, as shown on the antique trunk, *right*. The skinny iron lamp is placed slightly off center, with the visually weighty accessories to the lamp's right. To prevent too much heaviness on that side, art is mounted on the wall just to the left of the lamp. Even though the arrangement is asymmetrical, it appears balanced because a nearly even amount of negative (empty) space exists on either side of the lamp—from the top of the plant to the bottom of the wall print on the left, and from the top of the print to the bottom of the lamp shade on the right. When selecting accessories, remember that fewer bold objects make for a gutsier design than several small objects.

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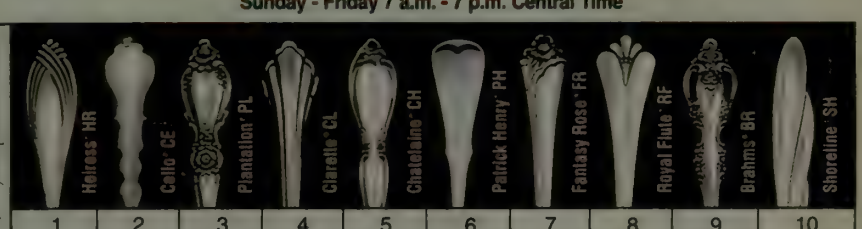
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gardener's almanac

by Mark Kane and Craig Summers Black



Looking Good

DRIFTS OF COLEUS. Colorful leaves have long made coleus a standard houseplant. For the same reason, coleus brightens the landscape, offering boldly colored leaves from spring through fall. Plant it in shady borders and group the plants in drifts as you do with perennials. Repetition and mass lend a lush, elegant feel. There are many coleus varieties; leaves come broad and narrow, crinkled and flat, patterned and blotched. To avoid a busy look, use just one variety or group plants with similar colors and patterns.

continued on page 90



PHOTOGRAPHS (BOTTOM) KAREN BUSSOLINI (LEFT) PETER KRUMHARDT (TOP) MARY CAROLYN PINDAR, REGIONAL CONTRIBUTOR RUTH I. PETER

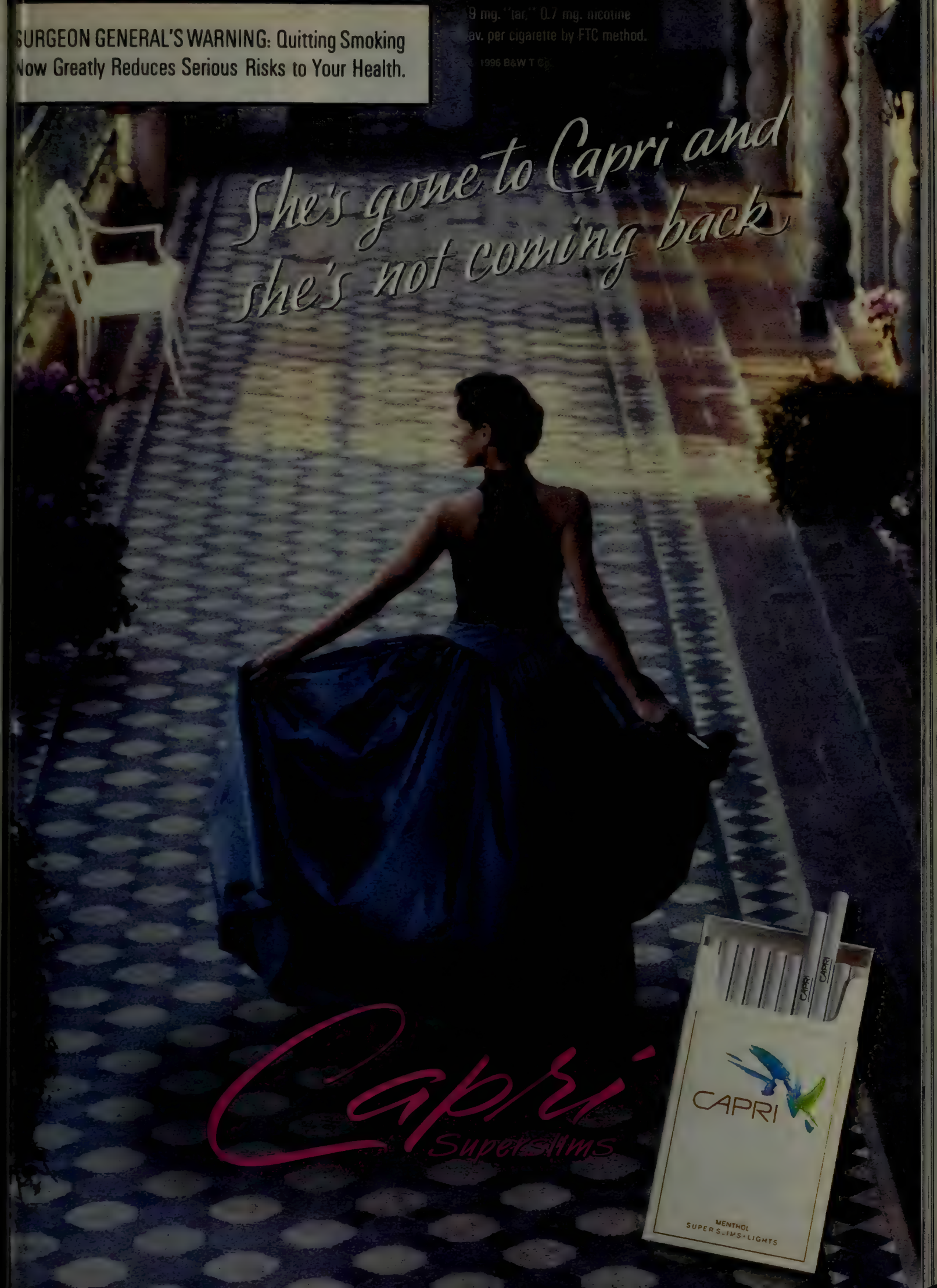
TEST garden TIP



Humidity trays. Keeping your home comfortably warm in winter can harm your indoor plants. The furnace robs the air of humidity, and the Sahara-like dryness robs moisture from potted plants and their soil. To restore some of the lost humidity, keep pots on waterproof trays nearly filled with pebbles. When you water your plants, water the trays as well, up to the pebble tops. Evaporation from the trays will create a more humid microclimate around the plants. Large communal trays work, too.

EDITOR'S CHOICE

Four-season gold. Here's proof that not all evergreens are green. The Sawara false cypress (nurseries know it as *Chamaecyparis pisifera filifera aurea*) lends the garden a warm yellow glow even in the snow, *right*. Use it to break the monotony of all-green shrubs and trees in a privacy screen or along the front of your house. Or give it a place of honor as an accent in the flower border. It fits any size yard, no matter how small, because it's a slow-growing dwarf. Conical in form, it has spreading branches and stringlike, pendant branchlets that give it a relaxed look. Expect no display from its cones; they're small. Although cold-hardy, the tree needs to be shielded from heavy winds.


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gardener's almanac

continued from page 88

FOUR-SEASON BOUQUETS

Your yard can yield bright, cheering bouquets throughout the year, even in winter. Phyllis Cole, a *BH&G* test gardener, shows how in the four bouquets on this page and the next.



SPRING: A simple cutting of fragrant Mayflower viburnum (*Viburnum carlesii*) graces a crystal basket vase.



SUMMER: What could be easier, or more colorful, than a mix of daylilies? Old-fashioneds pair well with modern hybrids.



FALL: Two kinds of mums focus attention in a casual presentation of young bittersweet berries and bright red woodbine leaves.



WINTER: A hand-carved wooden angel protects an arrangement of dwarf boxwood clippings and dried rose hips.

Even in the dead of winter, your flower cupboard need not be bare. You may have to forgo cut flowers, but in their place you can use evergreen cuttings, glossy berries, unusual branches, and the readymade dried foliage of bygone perennials to make striking and appealing bouquets. You might not want to go outdoors, but the outdoors can still come in.

See related story, page 93

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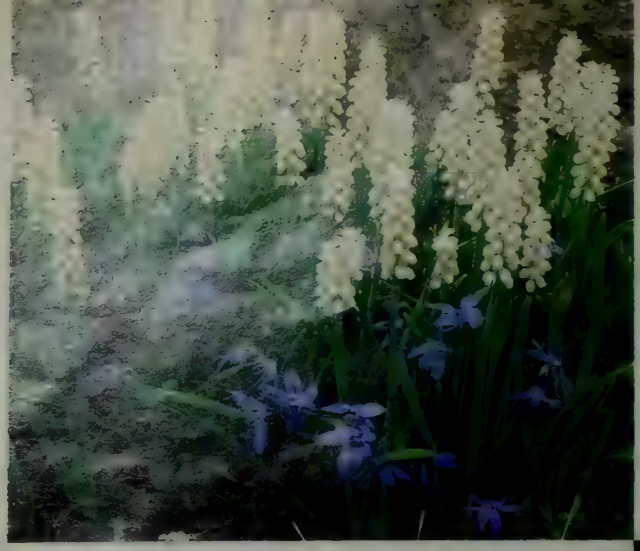
the 4 season garden





by Mark Kane & Craig Summers Black

Any day now, you might see Phyllis Cole hip-deep in the Massachusetts snow, her cold nose buried in fragrant witch hazel blossoms or her arms encircling a lichen-coated black locust in a breathy bear hug. For Phyllis, as you can see, not only loves her garden, she appreciates it—endlessly—every day of the year. And her garden rewards her throughout all four seasons. Spring, summer, fall, *and* winter, there is color. Here's how she does it.



White grape hyacinths intermingle with Siberian squill, *left*, in a view from Phyllis Cole's front door. She recommends planting the small bulbs "in a clump all by themselves."

4season garden

After "recharging my batteries" all winter, Phyllis glories in the first growths of spring. "When the daffodils are coming up in abundance, I could just sail," she says. "And all the pansy faces looking up at me from my window box—there is no catastrophe that could strike this house that couldn't be lifted." The daffodils are planted in big drifts to make a statement when viewed from afar. Then, too, she can cut scads of yellow, white, and orange posies for her home, for neighbors, for friends.... "I can cut armfuls and the dell is still full."

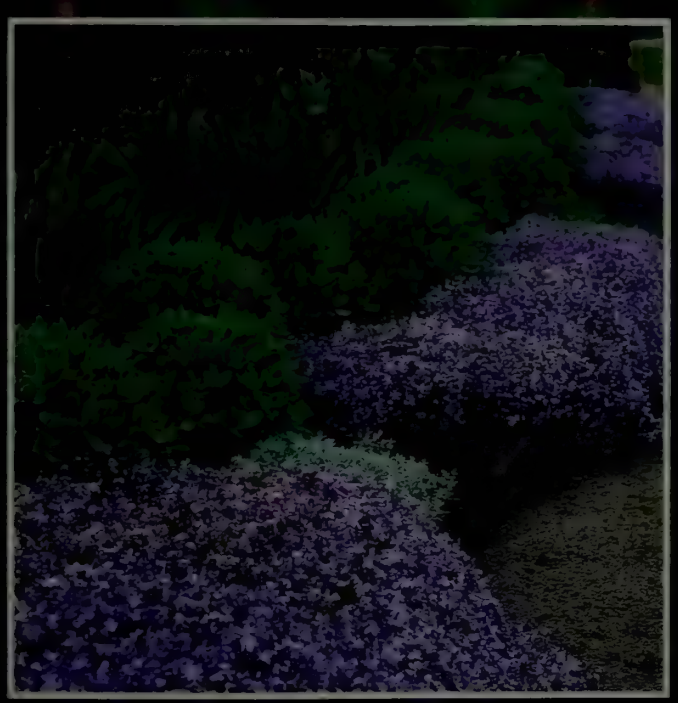
spring





Phyllis, *above*, adds foxglove seedlings to her already established foxglove bed for a mass of flowering. "I love working next to the excitement of the lavish planting of daffodils," she says. The pink *Rhododendron mucronulatum, left,* is an early bloomer, complementing the warm colors of the daffodil dell, where 10 varieties flower. For masses of color, Phyllis plants bulbs in groups of seven to 15 rather than scattering them confetti-style.

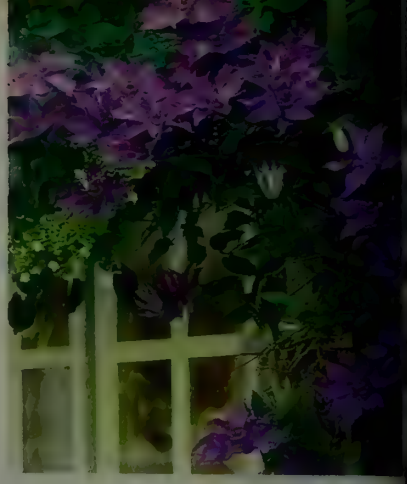
"This old Cortland apple tree is a plain old-fashioned beauty," says Phyllis. "The dark *Taxus media nigra*—a common yew—along the fence sets off everything, but the apple blossom speaks for itself."



Blue *Phlox subulata* spills over railroad ties in the spring. Behind it rise young sedum and iris. You can follow the bloom cycle of this perennial border in photos on the following pages.



Phyllis grooms her annual border, removing spent blossoms to coax more flowers. "This is my blue, lime-green and white garden. I often change colors from year to year to experiment," she says.



Clematis blooms, intermingled with a white climbing hydrangea, frame a west window. Says Phyllis, "Never put purple or blue against a dark background or it will be lost."

4season garden

It's pretty much a given that summer is a time of bounteous color. But Phyllis, a *Better Homes and Gardens*® Test Gardener, also keeps in mind how a plant will look when it is not in flower. "I never pick a plant for its flowering only. I choose it for its size, shape, and foliage. I pick a plant for what it looks like throughout the year, not just for its blooming period. Then the bloom and resulting fruit are bonuses." Although Phyllis gardens on a 1¾-acre lot, she says you needn't be limited by time or space in the quest for eternal color. "You don't have to have a huge garden to do something wonderful."

Phyllis thought she had too many red daylilies and coreopsis tickseed. "I threw them together as an edging (*below*), and they make a great show," she says.



Meanwhile, back in the perennial border, *right*, the iris follows the phlox of spring and—aided by a little snow in summer—awaits the sedum Autumn Joy. Says, Phyllis, "This nice old-fashioned iris was a gift. I'm not sure, but it could be Wabash."

summer





The dizzying red blooms of the Disco Belle hibiscus are as big as 10 inches across. Bringing up the rear are white bursts of *Hydrangea paniculata tardiva*.



4 season garden

In the fall, the Kousa flowering dogwood is covered with fat little raspberry drops of fruit that animals love. Falling berries also sit themselves on the bench.

Phyllis assembles a container of orange and white chrysanthemums with green and white ornamental kale, *below*. To the group, she adds a spider plant, usually confined indoors.

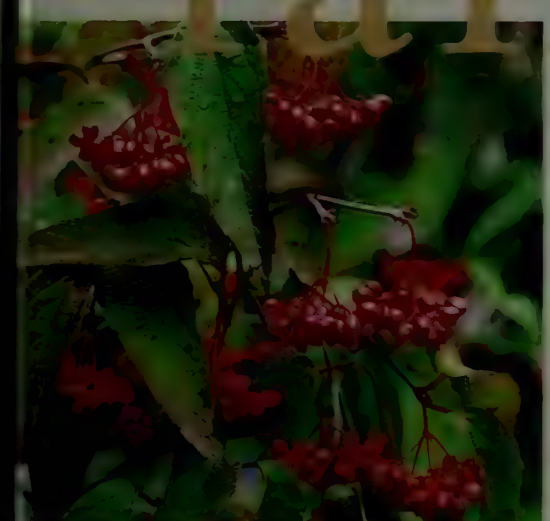
In autumn, the perennial bed becomes a mass of color, *right*. The sedum is in full bloom, joined by the taller dahlias. To learn how to care for dahlias, see *page 102*.



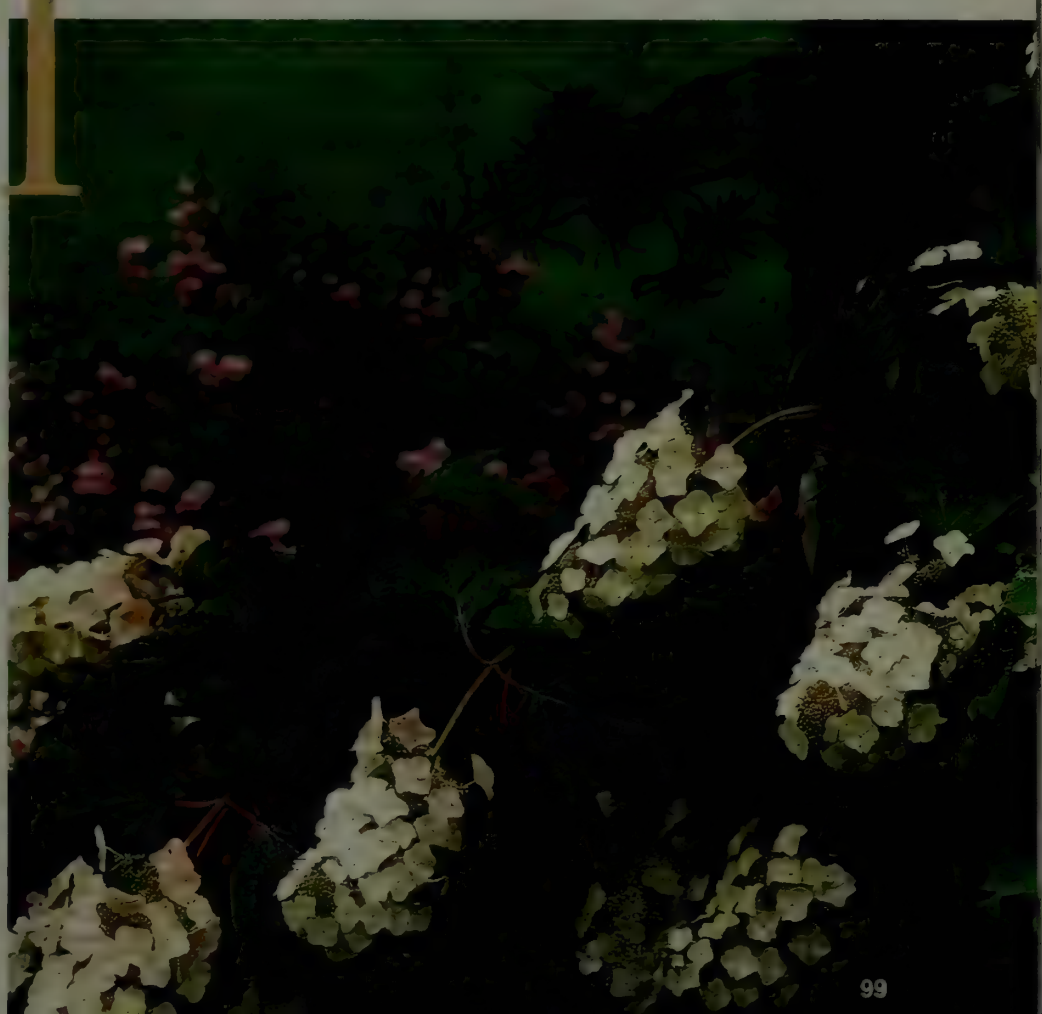


Autumn is a time ripe with delicate and elusive qualities. "There is color in everything, not just a group of bright annuals," says Phyllis. "Sometimes color is very subtle, as in the fading of a leaf or in bare branches against fresh snow. But the color is there to be enjoyed. We've been taught to look at the bright colors, but we've never been taught to look at the subtleties."

fall



The much-loved tea viburnum, *above*, blooms beautifully in the spring and then produces these bright red berries.



The last blossoms of the oak-leaf hydrangea, *right*, will dry and the leaves take on its famous burgundy glow.

4season garden



The striking blooms of an Arnold Promise witch hazel shake off the winter snow. "This plant blooms as early as February and has wonderful color," Phyllis says. "It's also carefree and fragrant. Most people think it's forsythia."

winter



"Just like our lives are more subdued in winter, we change our garden expectations to more subdued colors. But there is also color in light: sunlight on snow, sunlight on branches," she says. "Even in winter, you're in paradise." Says Phyllis, a landscape designer for 20 years, "Every garden is about time: What one remembers from another place, what one sees at this moment, and what one envisions."



Phyllis gently prunes a dwarf Carolina rhododendron in late winter, *above*, because that's when the form of the plant is clearly visible.



Harry Lauder's walking stick, *left*, displays its contortions once its leaves have fallen. "Snowdrops, *right*, are the first bulbs to come up in New England," Phyllis says. "They even bloom in the snow."

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Growing dahlias

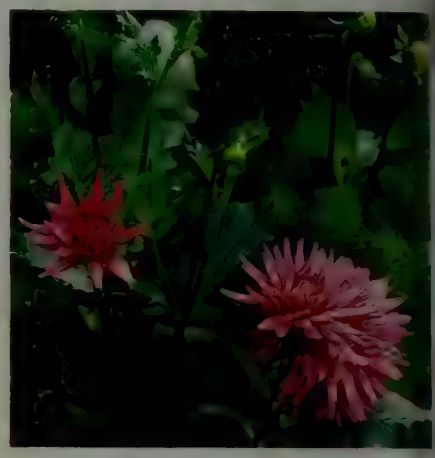
Dahlias provide summer and fall color in show blooms, some as large as dinner plates. Taller plants need staking, and in mos of the country, dahlias must be dug up and stored indoors over winter.



In spring, Phyllis Cole sets two dahlia tubers in a 4-inch-deep hole. In case one doesn't come up, she always has a backup.



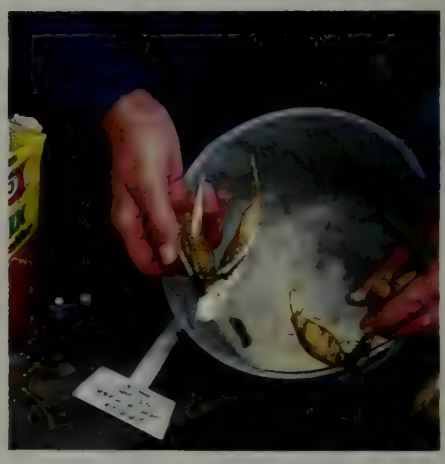
A dahlia shoot emerges in summer. Phyllis puts in the supportive wire cage at planting time to avoid piercing tubers and roots.



The reward: luxuriant flowers on a bushy plant, such as this Amanda Jarvis. Dahlia shapes include pompon, daisy, and cactus.



After first frost, Phyllis cuts back foliage, digs up tubers, hoses off dirt, and leaves them outside for a day. Then she divides tubers.

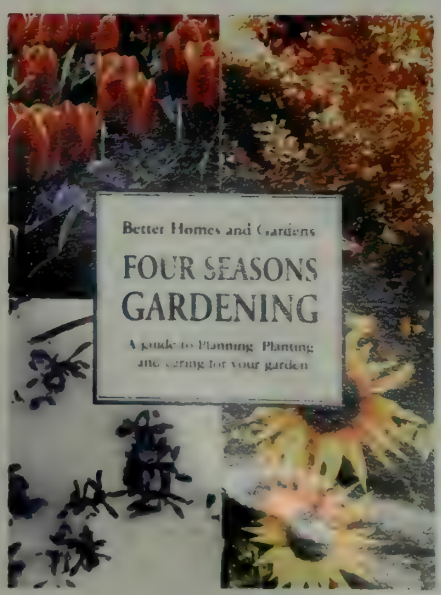


After cutting the dahlias into divisions of two or three tubers, Phyllis dusts the cuts with sulfur to prevent disease.



For the winter, Phyllis places the tubers in trays of slightly damp peat moss. She covers them with more peat and stores at 40°.

For information on four-season bouquets, see page 90; Buying information, page 120



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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips with other readers.

WAX ON, WAX OFF

To keep manufactured tub and shower stalls looking new, coat them with a quality car wax. Water will roll off without leaving a film.

Melissa Lumpkin
Silver Creek, Georgia

DAZZLING JEWELRY

Expensive jewelry shines with this simple trick: Put rings, bracelets, and such in a jar filled with equal parts ammonia and hot water. Let them sit overnight, and then gently scrub your valuables with a soft toothbrush for a professional shine.

Katrina Cook
Greeneville, Tenn.

PUMP IT UP

When hand-soap pump dispensers are empty, fill them with shampoos and conditioners. You'll get a measured amount each time and never fumble with slippery bottles again.

Gladys Marx
Kokomo, Ind.

SWABBING THE BATH

Using a sponge mop to clean bathtubs makes the task easier for expectant mothers or anyone who has trouble bending over or stretching out to reach all surfaces.

Lisa A. Wilson
North Richland Hills, Texas

PAINTING CONVENIENCE

Painting directly out of the can is messy. The groove around the can's rim becomes a puddle, the bucket sways on its wire handle, and there is no safe resting spot for a brush. Try using a plastic one-gallon milk jug instead. Simply cut a square hole about halfway up the side and pour in some paint. Dip brushes through the hole, wipe off material on the opening, and stick paint-soaked brushes handle first into the spout when you take a break.

Douglas Schubert
Grover Beach, Calif.

TACKLE SEWING NEEDS

Fishing-tackle boxes make perfect sewing boxes. With compartmentalized, foldout trays, they are perfect for buttons, thread, and pins.

Tracy Rohrer Montaron
Renton, Wash.

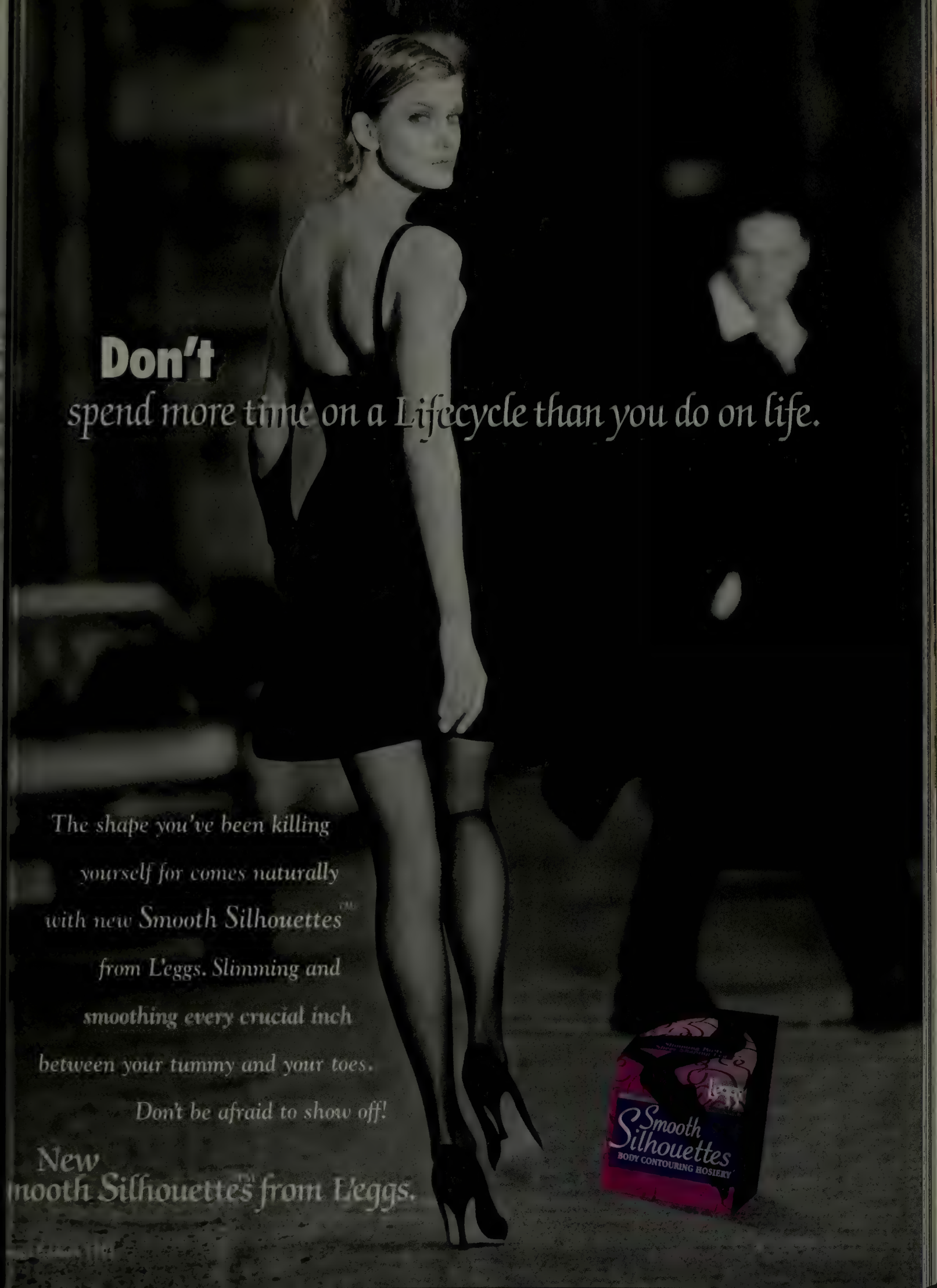
ANTY MAIM

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Darlene J. Day-Herzog
Bowling Green, Ohio

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A Suite for the Kids

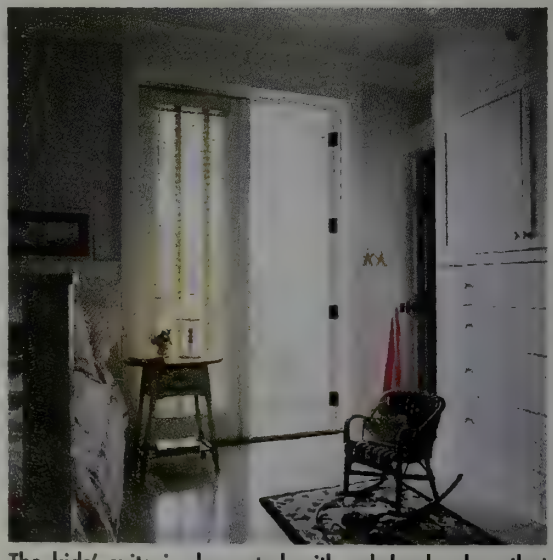


Designed with kids in mind, this bathroom appeals to adults, too. White tile covers both the floor and the vanity top, and a swan-neck faucet with cross-handle hardware adds accents.

You won't find signs of an empty nest at Karen and Rodney Gilbert's vacation retreat, even though their children are grown. In fact, you'll probably find the place buzzing with family activity.

Frequent get-togethers with the couple's five children and growing number of grandchildren created a special need to accommodate young ones. The Gilberts answered this need with a suite specially designed for kids.

Bunk beds, a daybed, and a trundle offer sleeping space for four, while large built-in drawers provide ample storage space for everyone. Cabinets above the drawers hide a television. With this room to call their own, the grandkids can stow all their gear easily and feel right at home.



The kids' suite is decorated with subdued colors that don't limit its use to just young people. The partly opened door marks the entrance to the bathroom.

No bedroom suite is complete without its own bath. Modeled after 1930s designs, the bathroom's focal point is its vanity. Its vintage details add architectural appeal, making it look more like a piece of furniture than built-in cabinetry. Its small size also saves wall space.

The sink bowl and fish-shape drawer pulls give the vanity splashes of style, and its open shelving and deep drawers serve both decorative and practical needs. High wainscoting and small-square white tile help carry out the classic theme.

The Gilberts don't really expect their younger guests to pay much attention to all these wonderful details. They'll all be having too much fun vacationing.

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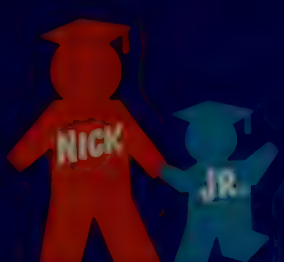
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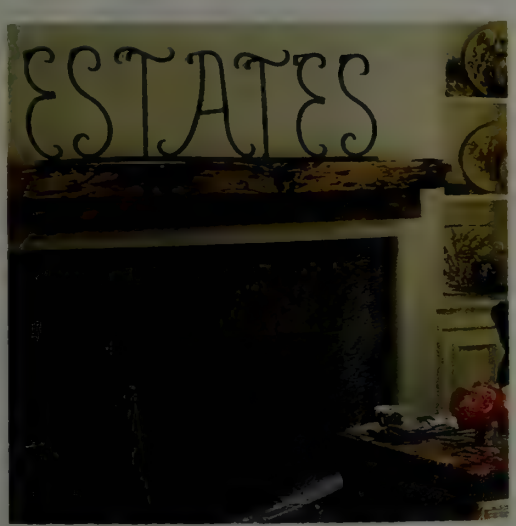
designer tricks of the trade





Pssst! Want to know a secret? A trade secret, that is? Like any of us with rooms to fill, interior designers are always on the lookout for stylish shortcuts and budget-happy decorating solutions. In fact, when we asked some of our favorite top designers what they would do to get the most design impact for the fewest decorating dollars, it was difficult to narrow down the ideas that spewed forth. But that we did—then we photographed their most clever ideas and present them to you on the following pages.

by Sandra S. Soria









Jeffrey Bilhuber has done rooms for David Bowie, but this top New York designer's advice is refreshingly down-to-earth: "Buy a can of paint and enjoy yourself." Brush up on his tips: Balance a light wall with a dark floor, or vice versa, so furniture doesn't appear to float in space. You can dramatize furnishings against a dark backdrop, but don't black out. Jeffrey suggests picking the darkest shade of a favorite color, say deep forest green or midnight blue. Enliven a pale scheme with texture; pep up a dark wall with reflective accents.

"You can make the most daring and dramatic change with paint. If you don't like it, for another $15 you're on your way again."



"Like a silk scarf or a great necklace, a little bit of artful fabric can go a long way if you showcase it properly."



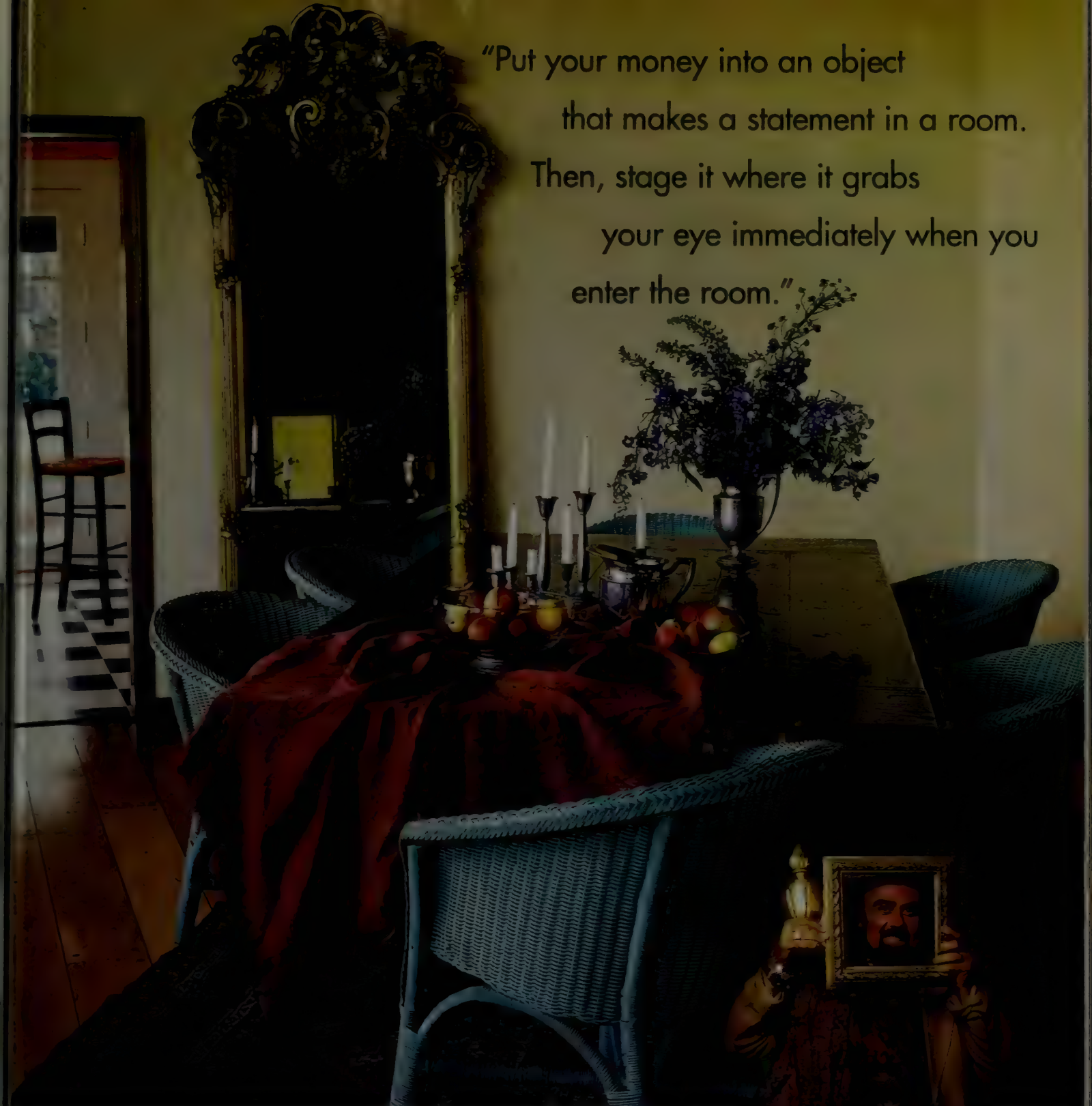
Sonja Willman believes in reaping lots of look when she sews. To that end, this St. Louis designer and shop owner looks beyond the fabric store to create focal point window dressings. "I go to the kitchen, linen closet, and attic for interesting textiles," she says. For material gains on a budget, Sonja frames a small amount of fine, boldly patterned fabric, such as this teacup valance, with subtler "mats" of ticking, solid sheets, or miniprint dress fabric.

designer tricks of the trade



Tricia Foley has a money-saving decorating philosophy. "Don't buy more," says the New York-based magazine stylist and author. "Learn to live with less. Keep only what is beautiful *and* useful." Even in a small, nondescript bedroom, one focal point piece—a curvy old bed inherited from Grandma or the beautiful armoire you saved to buy—will look better than a room full of mediocre items. Showcase a beautiful wood piece on a white or pale stage. For more drama, Tricia lets wispy mosquito netting fall from the ceiling by cup hooks. "The netting is inexpensive," says Tricia. "It's like instant decorating in a bag." New sheets complete a quick room makeover. Here, Tricia indulges in soft, subtle cottons.

"You can't go wrong with objects that are simple, useful, and classic in design. Give away the rest."



Raymond Waites believes in the powerful decorating punch of the strikingly beautiful accessory. "My advice is to put your money into special pieces," says Raymond, president of a design firm that bears his name. "You can buy them at all levels—a lovely reproduction or a flea-market antique. Don't shop for price; search for something that speaks to you." This Los Angeles homeowner proves Raymond's point. She lets a curvy pier mirror, purchased for a song at auction, stand alone on a dining room wall. Nearby, a paisley shawl links objects into a still life, dressing up a reproduction quilter's table and import-store wicker.

designer tricks of the trade



"Keep your mind and your eyes open for found objects that can be used in a decorative way. The best things in life truly can be free."

Designer and TV host Joe Ruggiero would be a shoe-in on a scavenger hunt. He has a knack for turning others' odd leave-behinds into decorative must-haves—note the rusty street sign turned mantel art and the well-traveled valise, now a coffee table. Of course, he has his standards. "Look for objects with a pleasing shape or texture," he says. Then, for impact, juxtapose the found with the fine. "I wouldn't do a room in bottle caps," he says, "but a surprise or two adds character." Check for scale before inviting a piece in. Though large, the sign's delicate nature doesn't overwhelm the simple mantel.



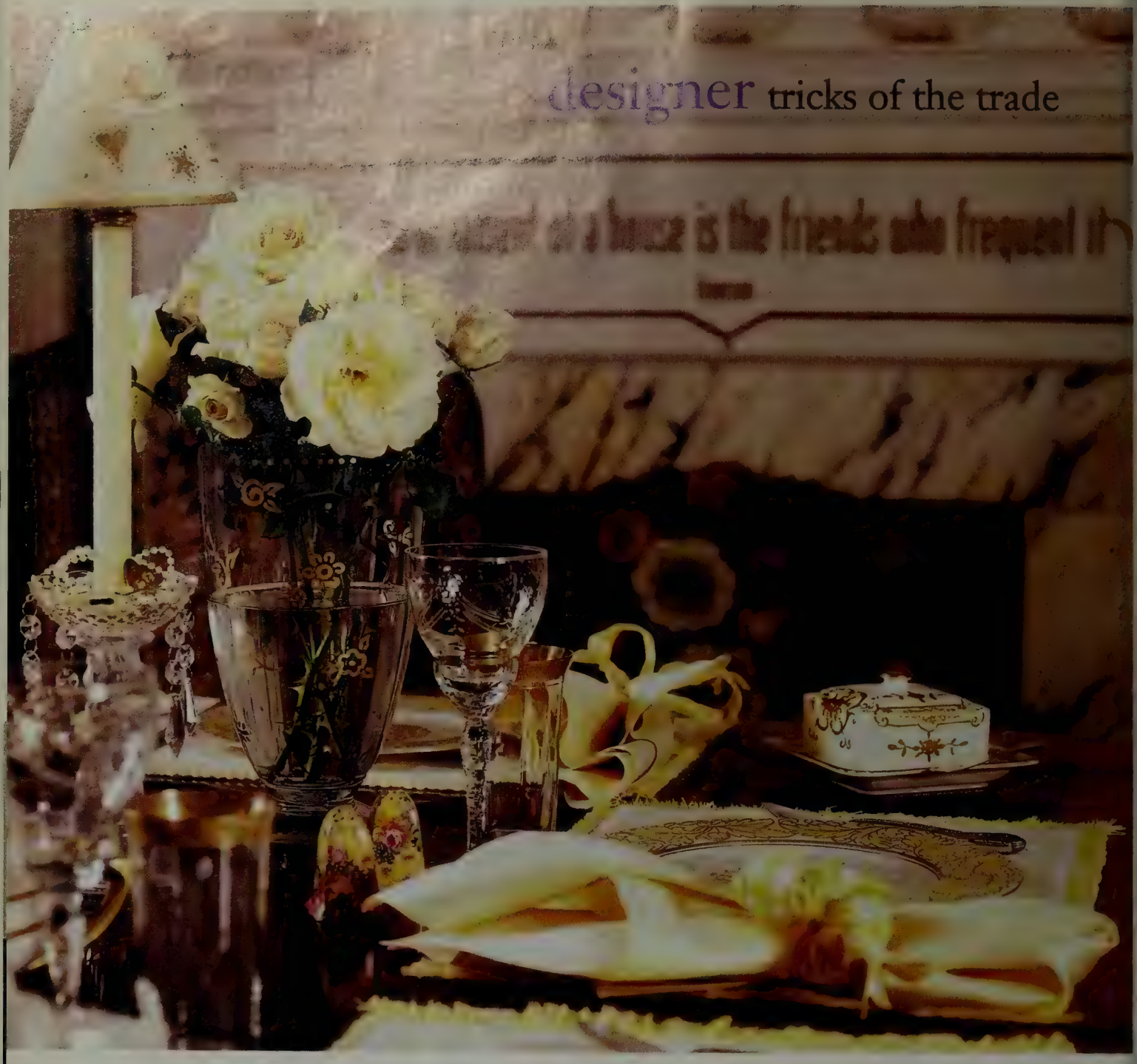


"Give your home personality by doing the unexpected; use things in ways and places that weren't in the original plan."



Designer and BH&G editor in chief Jean LemMon isn't satisfied with an object's status quo. In her '40s cottage, a salvaged mantel becomes a wall shelf, a crochet-edge pillowcase turns into a valance, and hooked rugs hang around as art. "I'm a believer in recycling," Jean says, "and in having fun. By being inventive with the elements you love, you give rooms character." For impact, Jean gathers objects of the same material in different sizes and shapes, such as a pyramid of primitive benches or a line up of ironstone pitchers. And remember that with collectibles, you get style and meaning to boot. "One of those pitchers belonged to my grandmother," she says, "the rest to someone else's grandmother. That makes them even more beautiful."

designer tricks of the trade



"Even formal rooms can have some fun. Be a free spirit in your approach to decorating and watch your rooms come to life."



The point, says artist/designer Mary Engelbreit, is not whether life is a bowl of cherries or a "chair of bowlies," as her popular illustration suggests. The point is to play: with words, with images, with furnishings. On Mary's table, flea-market and fine china mingle well at dinner parties because she puts plain patterns next to ornate designs. Her center pieces, too, are clearly having fun. A candlestick is dolled up with salvaged chandelier prisms, while the vase, like the mantel, has been enlivened by her own hands and gold paint.



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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING - INSTANT HEADBOARDS

Page 20: bed linens, "Pipeline Lace" (Ecru)—Martex; for a retailer near you call 800/533-8229. **Down comforter**—Lands' End Coming Home catalog, 800/345-3696.

Page 22: bed linens, "Pueblo"—by Collier Campbell for Martex; for a retailer near you call 800/533-8229.

Page 24: bed linens, "Weekend Weave" (Khaki)—Martex; for a retailer near you call 800/533-8229. **Yellow wicker chair**—similar styles available from Pier 1 Imports, 800/447-4371.

Page 26: bed linens, "Classic Rose"—Stevens; for a retailer near you call 800/533-8229.

HEARTS AND CRAFTS

Page 32: sachet charm, "Cherub" No. 1208—Creative Beginnings, 475 Morro Bay Blvd., Morro Bay, CA 93442; 800/367-1739.

Page 34 (*top*): cherub stickpin, "Cherub" No. 4402; **(*left to right*): charm pins,** "Bolo Tip" No. 1136; "Cherub" No. 1010; "Heart" No. 1820; "Bolo Tip" No. 1136; "Angel" No. 4813; "Bolo Tip" No. 1136; "Cherub" No. 4812; "Bolo Tip" No. 1136; "Cherub" No. 1119—Creative Beginnings (address above).

THE DECORATING SHOP

Page 53: Beeswax Candle Kit—Distlefink Designs, Inc., Hawkins Rd., P.O. Box 24, South Britain, CT 06487.

GARDENER'S ALMANAC

Page 88: false cypress—Forest Farm, 990 Tetherow Rd., Williams, OR 97544-9599; 503/846-7269. Catalog $3.

THE 4 SEASON GARDEN

Pages 93–100: oak-leaf hydrangea, viburnum, witch hazel, and Harry Lauder's walking stick—Heronswood Nursery Ltd., 7530 288th St. NE, Kingston, WA 98346; 206/297-4172. Catalog $4. Forest Farm, 990 Tetherow Rd., Williams, OR 97544-9599; 503/846-7269. Catalog $3. **Perennials**—available from most retail garden centers.

DESIGNER TRICKS OF THE TRADE

Pages 112–113 (*left*): upholstered furniture—Bilhuber, Inc., 330 E. 59th St., Sixth Floor, New York, NY 10022; 212/308-4888; fax 212/223-4590. **(*Right*): teacup fabric,** "[illegible]" (Cream), No. 17476.00; **side panel curtain fabric,** "Kapli Stripe" (Roman Blue and Gold); No. 5060301; **sofa fabric,** "S... Kitts Cotton Check" (Lapis), 3281.01—ava... able to designers and architects from t... Brunshwig & Fils showroom, 212/838-787... **Valance ruffle fabric,** "Rena" (Red)—Tradition... for a retailer near you call 518/672-5043 ... 518/672-5044.

Pages 114–115 (*left*): bed linens, "Diamon... Point" (White)—Atelier Martex; for a retaile... near you call 800/533-8229. **Beige line... throw**—Malibar Grove Ltd., 28 Sutton Ave... East Providence, RI 02914; for a retailer nea... you call 401/431-1555. **Mosquito net be... canopy,** "Majesty," (various styles available)-... Mombasa Bed Canopies; for a retailer near yo... call 800/641-2345. **(*Right*): bistro chairs,** No... 7401—Palecek, P.O. Box 225, Richmond, C... 94808; 800/274-7730.

Pages 116–117 (*left*): love seat—Expressions... for a store near you call 800/544-4519... **Antique textile cushions**—Blazes, P.O. Bo... 6026-168, Sherman Oaks, CA 91423... 818/784-4122. **Estates sign, log house, table... suitcase, hickory chair, throw rugs, all chin... and crocks**—antiques. **(*Right*): hooked ru... design,** "Bunnies in the Garden"—Clair... Murray, send $5 check or money order for cat... alog (refundable with first order) to P.O. Bo... 390, Ascutney, VT 05030; 800/252-4733... **Wall covering,** FC17823—from the Fresh... Country by Lennon Collection, Sherwin... Williams; for a retailer near you call 800/474... 3794. **Table, chairs, table runner, ironstone... pitchers, tableware**—antiques.

Page 118: fireboard screen—Summerhouse... 14356 Manchester Rd., Manchester, MO... 63011; 314/256-0011.

HOME IMPROVEMENT CONTEST

Pages 132–133 (*top right*): bay window—Pella... Windows & Doors, 102 Main St., Pella, IA... 50219. **Lamppost and coach lanterns**—... Old Toll Road Village, 16460 W. Blue Mound... Rd., Brookfield, WI 53005. **(*Bottom*): windows... and patio doors**—Pella Windows & Doors, 102... Main St., Pella, IA 50219. **Green chairs... umbrella**—Winston Furniture, Merchandise... Mart, Chicago, IL 60654. **Deck railing, cedar... shake roofing**—Sillingers, 6750 N. 43rd St.,... Milwaukee, WI 53209.

Pages 134–135 (*left*): dining chair—Broyhill... Furniture Ind., Inc., 1 Broyhill Park, Lenoir, NC... 28633; 800/327-6944. **Sofa, sofa fabric**—... Crate & Barrel, 725 Landwehr Rd., Northbrook,... IL 60062; 800/323-5461. **Barstools**—... Waccamaw, 3200 Pottery Dr., Myrtle Beach, SC... 29577. **Refrigerator**—Sub-Zero Freezer Co.,... Inc., P.O. Box 4130, Madison, WI 53744-... 4130; 800/222-7820. **(*Right*): sofa, love seat, striped upholstery fabric**—Crate & Barrel... (address above). **Coffee table,** "Safe Harbor"—... Weekend Retreat, Lexington Furniture Ind., P.O.... Box 1008, Lexington, NC 27293-1008;... 800/544-4694. **Wing chair**—Old Toll Rd.... Village (address above). **Fabric for wing... chair**—Pennsylvania House, Design Center, 137... N. 10th St., Lewisburg, PA 17837. **Armoire**—... Broyhill Furniture Ind., Inc. (address above).

Pages 136–137: paint—Benjamin Moore &...

continued on page 234


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Welcome to Crossroads, where traditional and country influences come together in furnishings that dress up for formal settings and relax comfortably in more casual surroundings. Crossroads complements your style of living while it offers many unique decorating possibilities.

European country motifs such as canted turned pilasters, incised shell carvings, and gracefully turned legs add character to this splendid collection. Solid wormy maple and pin knotty cherry veneers are richly grained in a warm old world finish for a traditional look. In addition, embossed faux pegs create its time-worn appearance.

Let Crossroads by Broyhill be your pathway to superior comfort and proven quality.

PRECEDING PAGE: *Memorable style and long-lasting comfort are the hallmarks of the Crossroads bedroom selection. The Poster Bed, $1000,** is imposing, yet graceful, with turned posts and ornately carved headboard and footboard. The bed's paneled design motifs are shared by the Wing Mirror, $315, and the Door Dresser, $940, where you'll find plenty of storage. The Bed Steps, $190, are a nice traditional touch, while the Tall Night Stand, $375, complements the antique height of the bed.*

***Queen size bed shown. King and Full available. Matching rails also available.*

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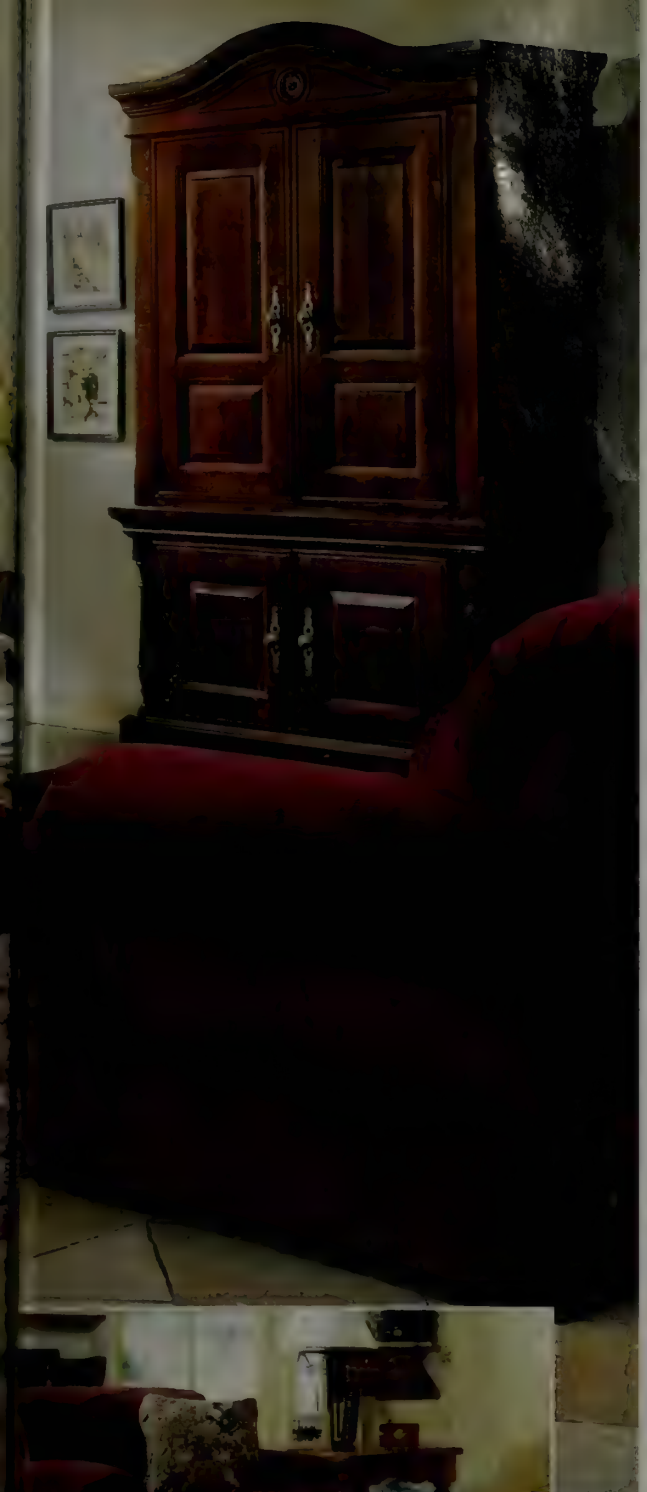


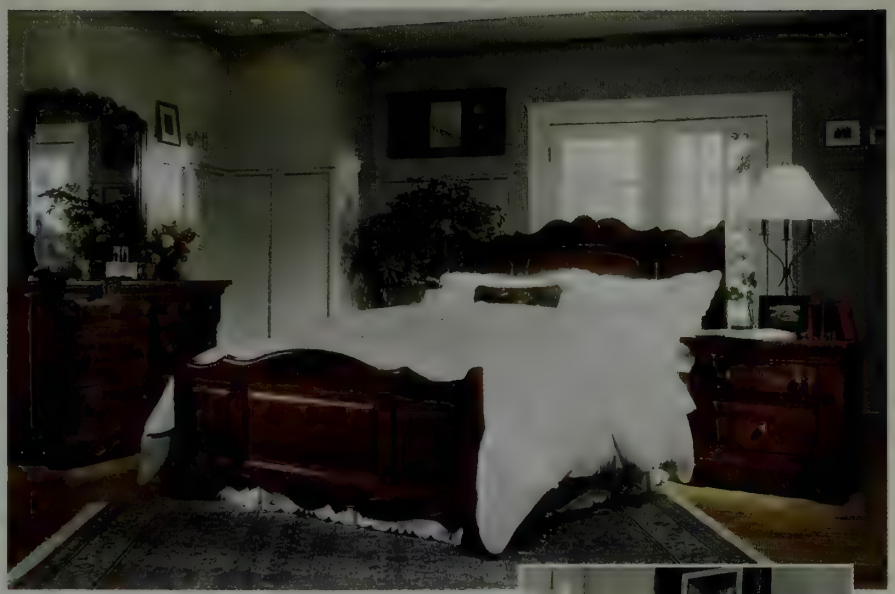


You'll find quality in the details, such as the canted pilasters and turned posts that appear throughout the collection. These handsome motifs are authentic recreation of design elements found in European country furnishings.

For added strength, Broyhill incorporates dovetail joints on all Crossroads drawers. Also, "positive stop" guides mean drawers will slide easily but not tilt or fall out accidentally when fully extended.







ABOVE: *Landscape Mirror, $200, Drawer Dresser, $840, Panel Bed, $440,** and Night Stand, $315.*

***Queen size bed shown. King and Full available. Matching rails also available.*



RIGHT: The Door Chest, $875, is a versatile piece. Remove the knockout panel and the adjustable shelf in the upper compartment and there's room for a 25" television. Two drawers below can hold clothing or video tapes.

LEFT: Crossroads enhances any living room with its inherent style, comfort and function. The Loveseat, $849–$949, and Sofa, $899–$999,* are seen here in a handsome plaid, accented by the solid hue of the Chair, $549–$599.* The Sofa Table, $315, doubles as a console in a hall or entryway. As the focal point of any '90's family room, the Entertainment Armoire, $1500, holds a 27" TV, plus space for a VCR, video games and more. Finally, the Square Cocktail Table, $290, Commode End Table, $225, and Square Lamp Table, $225, complete the setting.*

**Upholstery pieces available in other fabrics. Prices vary with fabric and style.*



LT: The burgundy corduroy of the Chair, $549–$599, matching Ottoman, $299–$349,* coordinates with the d of the Sofa and Loveseat. And, when paired with the r, the Ottoman serves as an impromptu recliner. At side, the Square Lamp Table, $225, offers ample space ghting and collectibles.*

** istery pieces available in other fabrics. Prices vary with fabric and style.*



ABOVE: The Crossroads Cabriole Leg Table, $1250, extends to 100" long with the addition of its aproned leaves. While providing display space for serving pieces and glassware, the China, $2125, boasts additional concealed storage behind its beautifully carved panels. Also shown are Ladderback Arm Chairs, $280 each, and Ladderback Side Chairs, $220 each.

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ABOVE: Jewel-toned green, burgundy, beige, and navy mingle in this richly textured ensemble for the den. The Reclining Sofa, $999–$1099; offers extraordinary comfort with plush cushions and arms. Add the matching Rocker-Recliner Loveseat, $999–$1099;* and Wallsaver Recliner, $599–$649;* so everyone has someplace to kick back and relax. The Crossroads Rectangular Cocktail Table, $225, Square Lamp Table, $225, Entertainment Armoire (holds a 27" TV), $1500, and Commode End Table, $225, provide unparalleled convenience.*

RIGHT: Keep VCRs, TVs and CDs in your own Home Entertainment Center. The Broyhill Crossroads wall units combine to provide the function you need with the look you desire. An abundance of doors, shelves and storage compartments provides a beautiful, yet functional, home electronics center. Door Unit, $625, Entertainment Unit (holds a 27" TV), $1315, China Unit, $790, Corner Unit, $340.

**Upholstery pieces available in other fabrics. Prices vary with fabric and style.*



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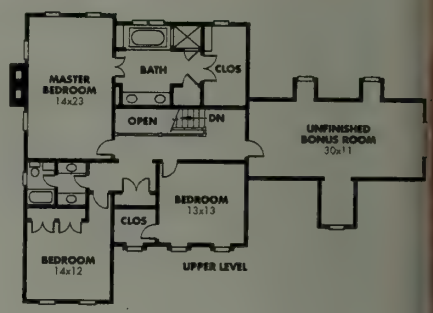
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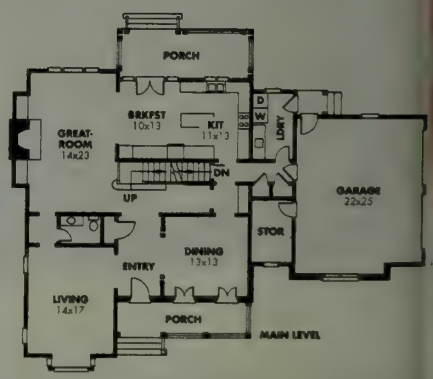
by William L. Nolan

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Picture yourself driving up to this country-style charmer after a hard day at the office: light spilling out through the French doors and big bay window up front; a cozy fire crackling in the family room; the kids playing in the bonus room over the garage. Old-fashioned country warmth and character abound here, but so do roominess and convenience. Each living space is well defined and offers family-style stretch, and all can be reached directly via the central hall. The staircase makes a grand gesture as visitors enter the foyer, yet it's just a step or two from the family room. Upstairs, the positioning of closets, bathrooms, and the hall ensure peace and quiet in the bedrooms.





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home improvement contest

Here's another batch of winners from our 1994 *Better Homes and Gardens*® magazine and NAHB Remodelors Council Home Improvement Contest. We featured three top winners in our November issue. Now, tour four more—including the Grand Award winner. But be forewarned: the dramatic results these clever fixer-uppers achieved will spur you to launch your own prizewinning project.





by Joan McCloskey, William L. Nolan, Steve Cooper, and Steven Greenhut

Whole-House Remodelings

The Speiches, Oconomowoc, Wisconsin. "Oh, wow!" That was the judges' unanimous reaction to Mike and Dede Speich's Grand Award-winning whole-house makeover. Starting with a nondescript flat-roofed ranch (insets, *right* and *opposite*), Dede saw its potential in a heartbeat. "I knew I could work with this house," she says, "Even on the first day, I could envision everything as it is now, right down to where the pictures hang."

A wood plaque over the new front door reads, "The House That Dede Built." As Mike attests, that's no idle boast. "She spent six months staying up nights thinking about the design," he says. "Then during the six months it was being remodeled, she stayed up nights thinking about how to get it done." They both invested plenty of aching muscles and gritty fingernails, because the only way to afford what they envisioned was to tackle the demolition work themselves. This included stripping off the old stone veneer, ripping out ceilings, and knocking down interior partitions.

The Speiches' main aim was a comfortable, laid-back home with ample room to accommodate their four grown children—plus assorted friends—when they come back home on weekends and vacations. Lot restrictions ruled out any additions at ground level so the Speiches stretched the house vertically instead, gaining airier main rooms and bedrooms and a loft sitting area above the kitchen. Out back, they converted the patio into a three-season porch and topped the porch with a broad, open-air deck.



Months of hard work behind them, Mike and Dede Speich now enjoy the big payoff: leisurely days at their newly remodeled lakeside home with daughters Genevieve and Jessica (background), sons Jason and Mike Jr. (foreground), and Sadie, their Bouvier des Flandres dog.



Yes, it's the same house, even the same footprint. What accounts for the dramatic difference? A whole new roofscape, new siding and trim, a warm-welcome entry porch out front, and a breezy three-season porch in back. Handsome Palladian-style windows accentuate the exterior's classically simple lines.







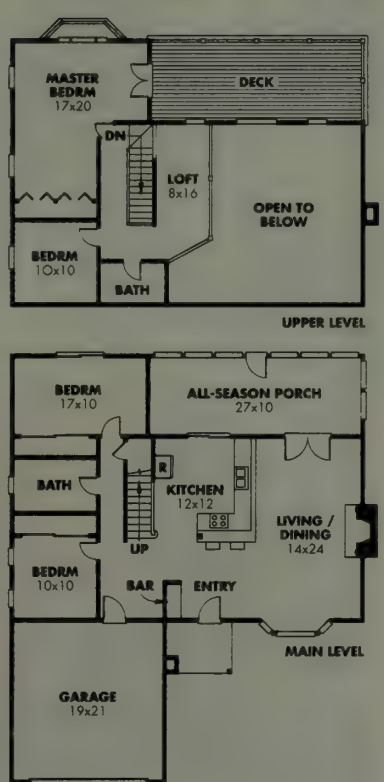




Raising the roof and tearing out walls made the living room (*above*) seem several times larger. The kitchen and stairwell "stretched" too, by sharing space and light. Dede fine-tuned her ideas as she went along. For example, she decided to add a loft (*left*) after seeing how the kitchen looked under the new ceiling.

During the demolition phase, all the walls that had separated the main rooms ended up in the dumpster, making way for one big room that stretches from the kitchen clear out to the new three-season porch. An L-shape bar now defines the kitchen work area without isolating the cook. Adding steeply pitched roofs allowed the ceilings in this part of the house to soar 28 feet—all the way to the peak. New square footage over the kitchen forms a lofty perch that offers bonus sitting space near the upstairs bedrooms.

To enhance the new open feel, the Speiches lightened up the whole house with a crisp blue-and-white color scheme. A handsomely detailed mantel replaces dingy old paneling on the fireplace wall (the paneling got recycled as wainscoting on the bar), and big windows pull in the light.



Buying information, page 120

continued

home improvement contest

Restorations



The Grahams, Independence, Missouri. More than 13 years of ongoing renovation work has hammered one lesson home for Mary and Mark Graham: Breathing new life into an old Victorian is not for the faint of heart.

"It takes endurance to live in a house while you're restoring it at the same time," says Mary.

The Grahams' home, our Restorations category $1,000 winner, was a dilapidated 1886 farmhouse when they bought it in 1982. The porch had been lost to fire, natty exterior details were hidden



Now spiced with gingerbread trim, the Grahams' Victorian, *above right,* was once a wallflower, *inset.*

Mark added architectural detail, including an ornate hearth, *below.* It is also shown under construction, *inset.*





The original kitchen, *inset*, pales compared to Mark's cabinetry, *above*. (*Left*) Mary and Mark relax with their two children, Nichole and Jared.

Buying information, page 234



behind crude siding, and rooms were austere. Mark, an artist, wanted more than a mere restoration. He envisioned an elegantly adorned home.

He designed a new porch, stripped siding to reveal original fish-scale shingles, whipped up a kitchen featuring his handmade tiles, and added stained-glass windows and countless other details.

Mary says, "Mark wants it to be the kind of place that when someone drives by, it's like the house is saying, 'Stop and have a cup of tea.' "

continued

home improvement contest

Additions



For Joe and Carrie Bergs, their newly remodeled farmhouse is a dream come true. Now there's growing room for sons Teddy, 6, and Matthew, 4, plus acres of space outside for their two dogs, two cats, two ponies, and a guinea pig.



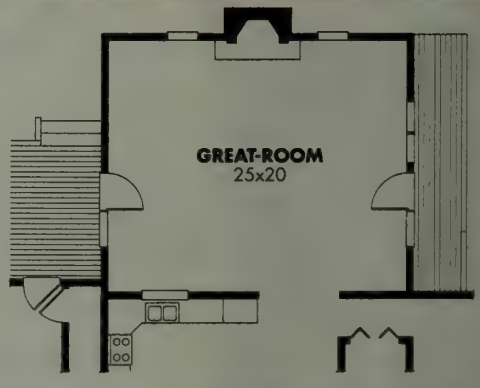
The Bergses, Union Grove, Wisconsin. Joe and Carrie Bergs' 1870s farmhouse gained three new bedrooms, a spacious family room, and a big front porch. It also got hitched properly to a garage/kitchen addition that had been tacked on in the 1970s. Because the Bergses took extra pains to blend old (and not so old) with new, the home didn't lose its modest, country-cousin charms.

The extra bedrooms occupy a second-story addition that adjoins the original second floor. Styling of the home's main gable (circa 1870) repeats in smaller gables on the new dormers.

Out back, a 21×26-foot family room addition expands the main floor. To make the changes appear seamless, the Bergses matched trim inside and out and chose a flat, coffered ceiling rather than a more contemporary-style vaulted one.

continued



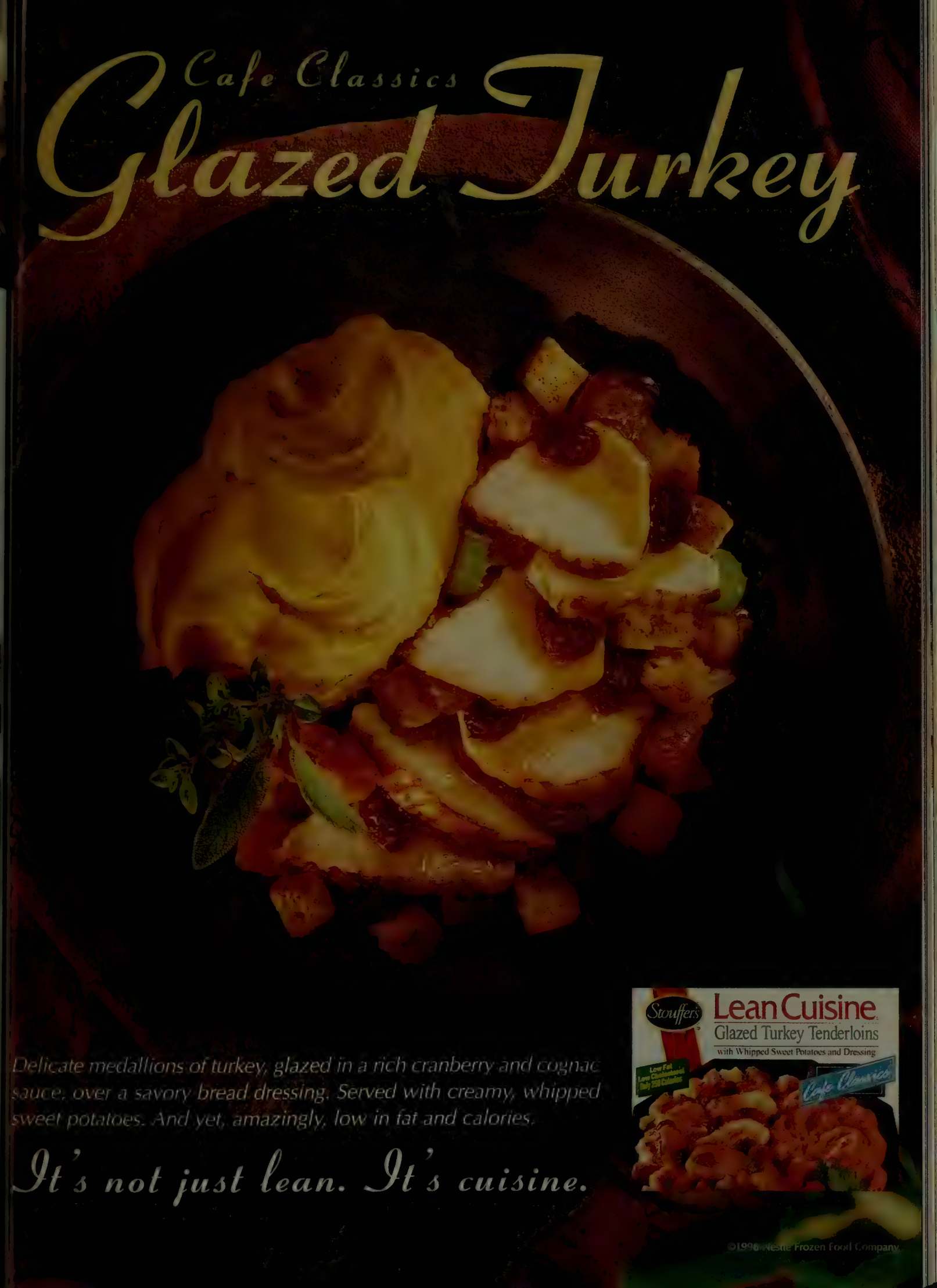


A handsome, marble-trimmed fireplace graces the family room. After dinner, the boys do homework at the country-style dining table (above).

Buying information, page 234

Cafe Classics

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home improvement contest

Exterior Fix-Ups



The Hubenys, Lincroft, New Jersey. Cindy and Lance Hubeny recently set about updating Cindy's parents' old homestead for their young family. Their affectionate facelift earned $1,000 in our Exterior Fix-Ups category.

Off went the old roof. Out went leaky aluminum windows. Down came nondescript bricks. The Hubenys re-roofed with wood shakes, installed new windows, nailed on cedar siding, and added an elegant entry porch and brick walkway. Then they planted, painted, and primped.

ADDITIONAL CONTEST WINNERS

LISTED BELOW ARE THE TOP WINNERS IN CATEGORIES B AND C FOR EACH DIVISION. BETH AND JIM STARNES, INDIANAPOLIS, IND.; GARY AND CHARLIE WISBEN, NEWMAN LAKE, WASH.; JOHN AND DIANE WALL, CINCINNATI, OHIO; ELIZABETH NIPPER, FT. WORTH, TEXAS; DOUG AND KAREN DAVEY, JACKSON, MICH.; JOYCE MERKLE, WESTLAKE VILLAGE, CALIF.; JENS AND LISA VANGE, ST. PAUL, MINN.; DAVID YOUNG AND CELESTE COOPER, CHARLOTTESVILLE, VA.; SULINDA WATSON DALTON, THOUSAND OAKS, CALIF.; DIANA CHALOUPKA, GURNEE, ILL.; JIM AND CHRIS TRUCK, KINGWOOD, TEXAS; KURT AND MELISSA LABBERTON, YAKIMA, WASH.; MR. AND MRS. J. TIMOTHY GARLAND, COLD SPRING HARBOR, N.Y.; RAE AND JEFF TYLLIA, DULUTH, MINN.; DIANNE L. BROERMANN, CEDAR GROVE, IND.; HENRY J. WOLF, JR., ALTOONA, PA.; BETH AND RAY CROMWELL, YORK, MAINE; JAMES AND KAREN COPHER, BELLINGHAM, WASH.



Cindy and Lance Hubeny enjoy the new garden with sons Connor (left) and Tyler. Cali, the cat, adopted them a year ago.

Buying information, page 234

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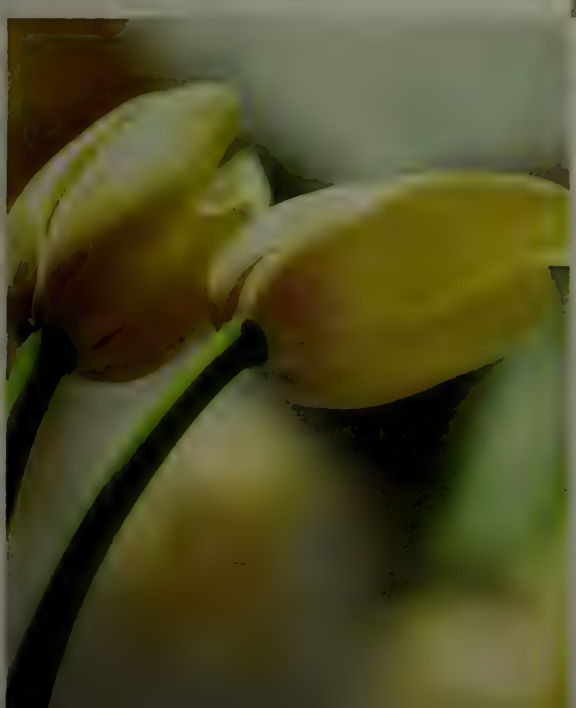
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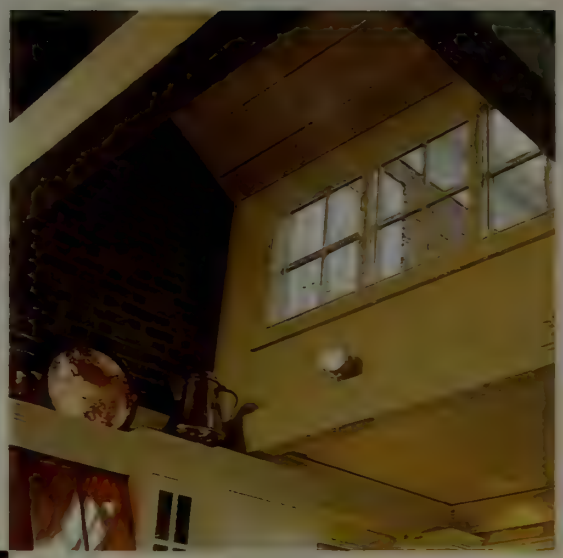


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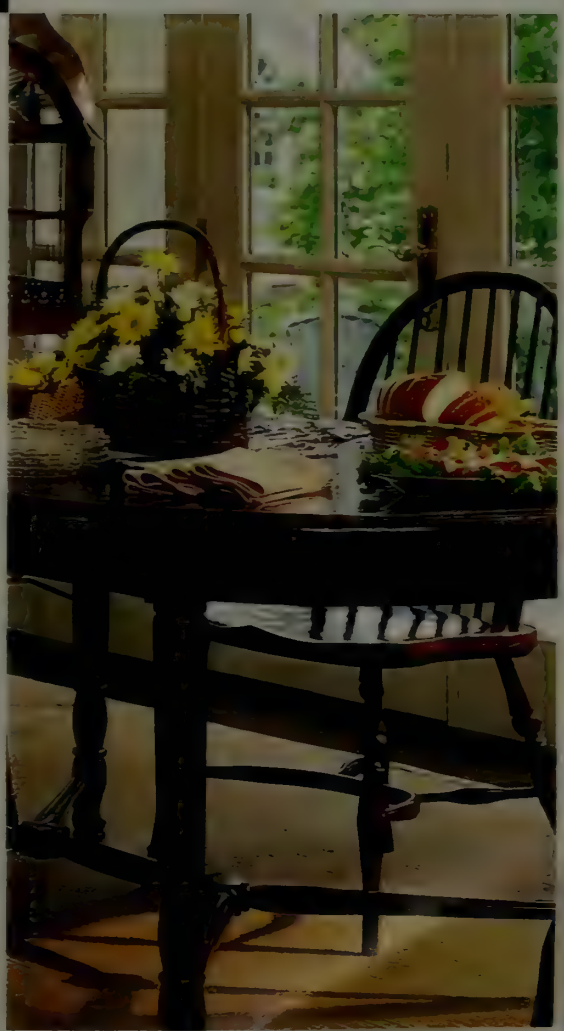
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[illegible]ELEBRATE THE MOMENT

by Candace Ord Manroe

keeping room kitchens







Revived from the colonial era, the keeping room is back. Originally a combination sitting/eating/cooking space, the keeping room was the only room sure to have a fireplace. The family gathered here not only to eat meals prepared at the hearth, but also to keep warm.

Today's version rejoins two latter-day offshoots of the original: the family room and the kitchen. Cooking family meals on the hearth has gone the way of the square-head nail, and a thermostat keeps the whole house toasty with or without a fireplace. But keeping rooms still serve an important purpose: Today's families need emotional warmth more than ever.





Unlike keeping rooms of bygone days, this contemporary version, *left*, pulls in natural light from multistory windows and French doors and turns the vaulted ceiling into a light scoop. Countering the room's clean white cabinets and walls are warm, natural materials: granite countertops, a custom copper hood, matching backsplash tiles, and a weathered brick wall.

The best of both worlds, this keeping room marries old-fashioned openness with modern kitchen efficiency, as evidenced by the multiple, precision-lit work areas *below*.

PHOTOGRAPHS: JEFF RYCUS. ARCHITECT: KEVIN KNIGHT. INTERIOR DESIGN: RICHARD SHERMAN. REGIONAL CONTRIBUTOR: MARTHA RECCHIE

keeping room

kitchens

One way to resurrect the warmth of a colonial-style keeping room is to build it from scratch. For Gregg and Barbara Robins of New Albany, Ohio, the absence of barriers between work and seating space in an old-fashioned keeping room made it a natural choice for their new home. With two young boys and a penchant for entertaining, the Robinses have ample reason to relish the congenial nature of their cozy new keeping room.



In a nod to the past, they chose weathered red brick as the main design accent. In the work area, the brick's primitive texture thematically ties with the Robinses' fledgling collection of antiques and Southwestern accessories. Adding to the warmth are other natural materials: granite countertops, a copper hood and tiles, and terra-cotta drainpipes stacked to hold wine bottles.

But this space is no rustic relic. An important feature of its design is clean white cabinetry and soaring white vaulted ceilings, plus expanses

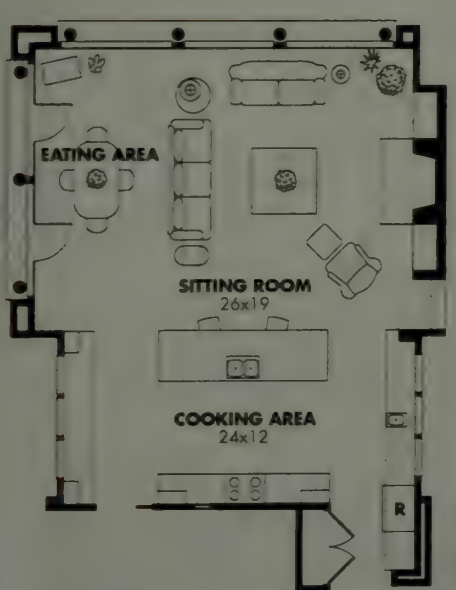


A colonial-style fireplace is the centerpiece of the room. But unlike yesteryear's spare wooden furnishings, these new overstuffed sofas announce curl-up comfort and congeniality. Conversation flows easily across the granite-top island to the intimate sitting area near the hearth. White cabinetry, ceiling beams, and fireplace bricks in this part of the room match those in the cooking area.

Windsor dining chairs, *below,* echo the keeping room's historic roots. Ideal for both family meals and casual entertaining, the dining area opens to a large patio through twin sets of French doors.







of French doors, multistory windows, and skylights that invite cheery sunshine to spill into nearly every corner. The airy architecture makes this keeping room an enjoyable place to be no matter what the season. "In the summer," says Barbara, "we open the doors wide and the room flows together with the patio and the garden. In the winter, we close the blinds, light a fire, and curl up with a good book."

As in keeping rooms of old, a fireplace is the focal point. The Robinses chose a colonial-style design that repeats the red brick of the accent wall. A rough-hewn timber became the mantel.

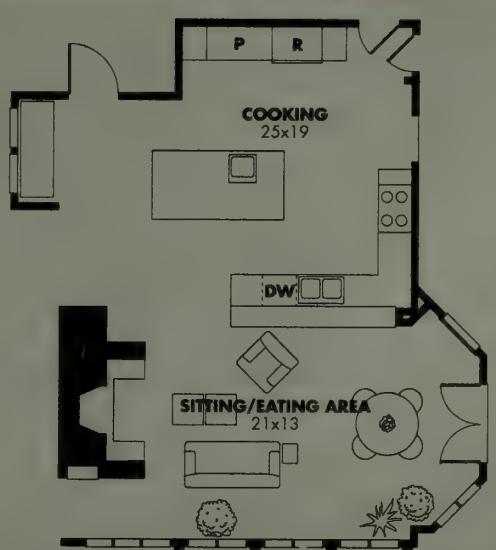
Easy access to the outdoors is important, too. Here, the French doors wrap around the informal eating area, scooping in big-screen views of the backyard. "On the last day of school," says Barbara, "our boys had 42 classmates over for a school's-out party. The keeping room was the playground." And when it's time for the adults to entertain, Gregg, as gourmet cook, doesn't miss a beat of conversation thanks to the keeping room's open policy.



keeping room
kitchens

Although the Greek Revival house that John and Laura Leslie remodeled in Southport, Connecticut, dates to an earlier era, it was too new to have an original keeping room. Gaining space to nurture close ties with their growing family was an absolute must, so the idea of adding a keeping room figured large in their remodeling plans. By reworking existing space and adding a comfy hearthside sitting area, they infused their outmoded kitchen with the timeless warmth and charm of yesteryear's keeping room.





The Leslies' kitchen declares its New England roots with a locally quarried slate floor and a historic green palette on the new maple cabinets. The countertops are 2-inch-thick chestnut barn board.

Instead of the expected New England fireplace, John and Laura chose an antique arched Tuscany design of stone and brick, *above right.*

PHOTOGRAPHS: JULIE MARIS/SEMEL. ARCHITECT: BENJAMIN M. BAKER. CONTRACTOR: LEE J. DEEMERS BUILDER. INTERIOR DESIGN: LAURA LESLIE KITCHEN DESIGN CONSULTANT: SUSAN DRAKE. PHOTO STYLING: JIM WILLIAMS

keeping room kitchens

Natural building materials and antiques, both from New England, lend authentic regional flavor. "But we didn't want a room that looks like a museum," says Laura. "Our new room is like the rest of the house; you can sit down anywhere and feel right at home."

To merge their remodeling with the vintage feel of the home, the Leslies painted the new maple cabinets and work island a mossy green that harks back to colonial days, then capped them with rustic countertops of 2-inch-thick old chestnut barn board. Further enhancing the warm, yesteryear character is an old stone cistern inset into the island as a second sink and a stone and brick fireplace that features an antique Tuscany design. At Christmastime, the whole clan dines at a long table in front of the hearth. "It's more festive than the dining room," says Laura.





Old-world warmth meets modern efficiency at this tangent between antique barn board countertops and a chrome-face commercial-style range, *above*. The palette is kept low-key with handcrafted gray-green ceramic tiles on the wall behind the stove.

Native New England slate laid diagonally on the floor, *left*, gives the room its regional character, but insets of ornamental glazed ceramic tiles temper the local material with an international accent.

A relic of long-ago kitchens, an antique stone cistern set into the island serves as a second sink—and a source of considerable charm. Vintage-style fittings complement the stone's earthy patina.

Antique ambience aside, the keeping room retains up-to-the-minute efficiency. New, highly functional appliances, recessed lighting, and contemporary fixtures over the island gently usher the room into the present. The island supplements a roomy L-shape countertop that doubles as a snack bar.

A homey living space as well as a kitchen, this warmhearted family gathering spot has quickly become the family's favorite room. "Now my husband and I can chat while I'm fixing dinner," says Laura, "and the kids like to watch TV right there in the keeping room. They used to hang out in a different part of the house at that time of day." What would she change if she had it all to do again? "Absolutely nothing." ⌂

Buying guide information, page 234



Better *by* Design



Personal character is measured in terms of honesty, integrity, and strength. The same is true of this house, which is honestly inspiring, displays an integrity of materials, and is strongly recommended.

by Steve Cooper and Joseph Boehm

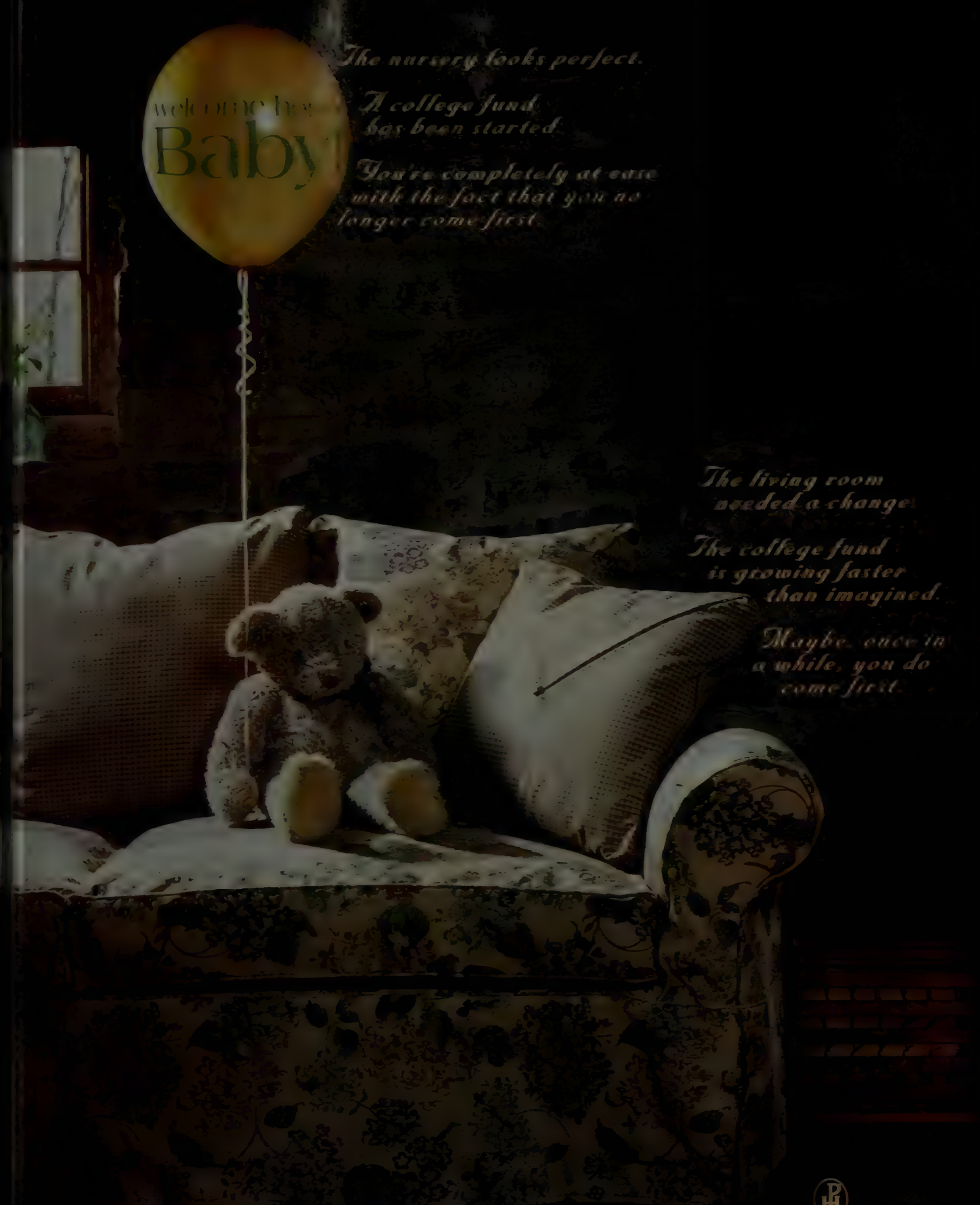


A House with Character



It requires more than stone walls, roof pitches, arched ceilings, a forest of cherry wood, marble in varied hues, and a host of other sumptuous building materials, fixtures, and furnishings to create a house with character. It takes emotion. Architects Tom Ellison and Dan Nepp of Minneapolis supplied much of the necessary vision and heart as they conjured a friendly house that is inspired by history without being stodgy, and decidedly contemporary without being ordinary. The home's lively spirit also grew from the loving labors of a team from the *Hometime* public television series, which built this project. The show's host, Dean Johnson, says, "Everyone involved poured themselves and their talents into this house. Their care shows."

continued on page Z4



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The hefty beams in the living room, *right,* may appear to be solid timbers, but they're actually hollow boxes. Each was constructed from cherry plywood custom-made so no veneer seams will show.

The inglenook fireplace, *below,* may seem cavernous, but the firebox and surround had to be large enough to fit the living room's scale. Any reader would enjoy being sentenced to a stretch of solitary refinement here.



A House with Character

continued from page Z2

Though the interior takes cues from the past, there is nothing dated about the living room. Generations have seen similarly heavy trim treatments, inglenook fireplaces, and such furnishings as plump club chairs. But this living room energizes these sometimes stuffy elements with its 16-foot-high wall of glass and views into the kitchen and out to a lake.

continued on page Z8

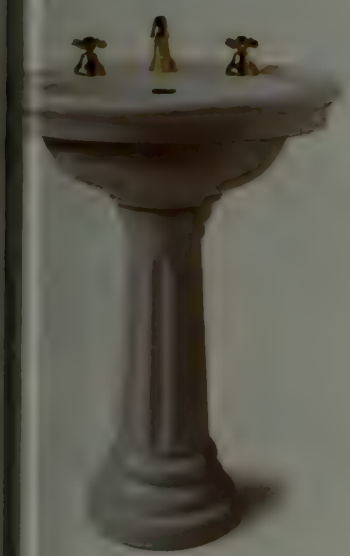
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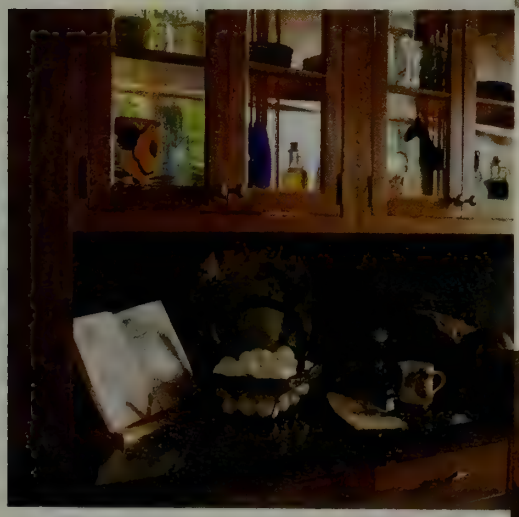
A House with Character

continued from page Z4

A kitchen with character doesn't put all its assets on the table—it has some in the cabinets, too. Rich graining patterns and turned legs give these cabinets a furniture-quality appearance. On the practical side, the cabinets also offer pantry storage next to the ovens and plenty of deep drawers. The island serves as the primary preparation and cleanup area. There's a smaller second sink near the burners for cooking needs. Floor tiles finished in earth tones are a hard material with a sense of softness.

continued on page Z10





A span of upper cabinets lined with glass both inside and outside creates a sunny display case, *left*. The countertop is black granite, a tasteful choice for any kitchen styled with a dash of tradition.

Vibrant cherry cabinets, *above*, were crafted with enough detail to qualify as furniture. The island is positioned for easy serving to the formal dining room off one end or the casual eating area at the other.



The arch above the farm table at the back of the kitchen, *left*, reaches more than 12 feet. To keep the room's inviting architecture beaming, there's glass high on the exterior wall and in the archway, doors, and cabinets.

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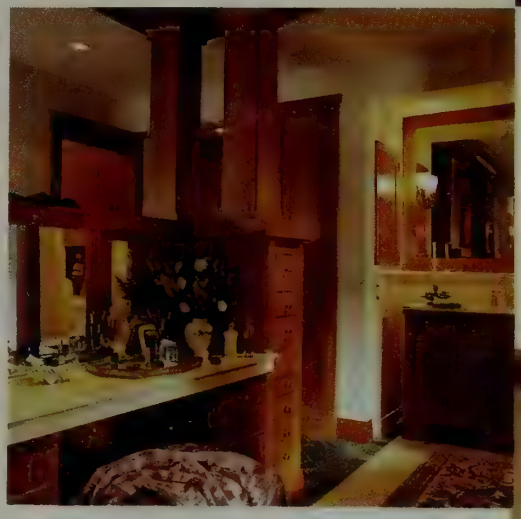
A House with Character

continued from page Z8

The perfect bathroom for a couple should include a pair of cabinets for basins and storage, a luxurious bathtub for lazy soaks, a roomy stall shower with a showerhead capable of waterfall-like flow, a makeup vanity surrounded by drawers and a mirror, a private compartment for the toilet, and a location adjacent to the bedroom. For hectic mornings, it's also good to have a his-and-hers walk-in closet mere steps away. Not surprisingly, that's exactly the arrangement of this master suite.

continued on page Z14





The bathroom vanity, *left*, was assembled with handy drawer towers, a marble counter, a mirror, and some electric outlets. The walk-in closet is just through the open door beyond the vanity.

Here's the way to end a day: Slip into the contoured tub, *above*, with its soothing lake view. Use a warmed towel to dry. Then, step onto the marble floor, which is heated by an underfloor system.



Cherry beams and trim are carried over from the living room into the master bedroom, *left*. Using strong trim themes throughout a house demonstrates that public and private spaces are valued equally.



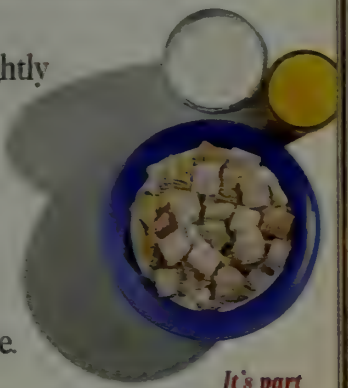
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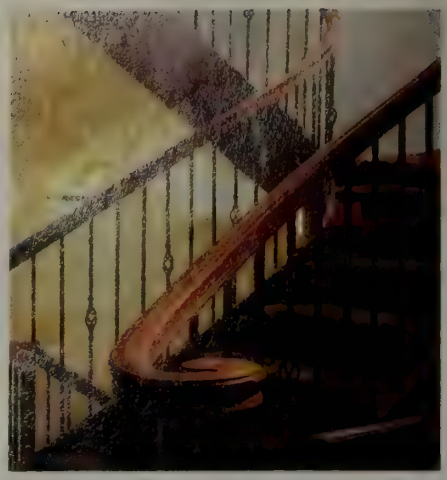
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A House with Character

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Page Z2: windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56736; 800/346-5128. **Polystyrene building forms**—3-10 Insulated Forms, P.O. Box 460790, Papillion, NE 68046-0970; 800/468-6344. **Concrete landscape edging**—Curb Creations of Minnesota, 1724 Third Ave. NE, Buffalo, MN 55313. **Chimney flues**—Superior Clay Corp., P.O. Box 352, Uhrichsville, OH 44683; 800/848-6166. **Two-coat veneer plaster system and direct exterior finish system**—United States Gypsum, 125 S. Franklin St., Chicago, IL 60606; 800/USG-4YOU. **Stone walls and fireplace**—Buechel Stone Corp., W. 3639 Hwy. H, Chilton, WI 53041. **Cast concrete caps**—American Artstone Co., P.O. Box 425, New Ulm, MN 56073; 800/967-2076. **Railings**—Moultrie Mfg., P.O. Drawer 1179, Moultrie, GA 31776; 800/841-8674. **Perennials**—Linders Greenhouses, Inc., 270 W. Larpenteur St., St. Paul, MN 55113. **Trees**—Bailey Nurseries, 1325 Bailey Rd., St. Paul, MN 55119-9744.



The stairway's delicately detailed iron balusters and sweeping jatoba-wood rails add a dash of old-school flair. The stairwell is illuminated by wall sconces, a hanging lamp, and sunshine from a window above.

Outdoor furniture—Kingsley-Bate, 5587 B Guinea Rd., Fairfax, VA 22032. **Garage doors**—Designer Doors, 275 Market St., Minneapolis, MN 55405.

Page Z4: sofa, "Wellington," **chair,** "Winslow," **ottoman,** "Thorndike"—Ralph Lauren Home Collection, 1185 Ave. of the Americas, Ninth Floor, New York, NY 10036. **Windows**—Marvin Windows & Doors (address above). **Coffee table and round table**—Baker Furniture, 1661 Monroe Ave. NW, Grand Rapids, MI 49505. **Upholstery fabrics**—Robert Allen Fabrics, 55 Cabot Blvd., Mansfield, MA 02048. **Wood flooring**—Kährs International, 951 Mariner's Island Blvd., Suite 630, San Mateo, CA 94004; 800/735-3566. **Cherry trim and veneers**—Ferche Millwork, Inc., P.O. Box 39, Rice, MN 56367; 800/328-7867. **Gas fireplace**—Heatilator, Inc., Div. of HON Ind., 1915 W. Saunders Rd., Mt. Pleasant, IA 52641; 800/843-2848. **Radiant floor heating**—Wirsbo Co., 5925 148th St. W, Apple Valley, MN 55124; 800/321-4739. **Brass lighting sconces and hanging fixtures**—The Brass Light Gallery, 131 S. First St., Milwaukee, WI 53204; 800/243-9595. **Paint and stain**—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **Entry and interior doors**—International Wood Products, 7312 Convoy Ct., San Diego, CA 92111; 800/468-3667. **Locks and hardware**—Baldwin Hardware Corp., P.O. Box 185048, 841 E. Wyomissing Blvd., Reading, PA 19612-5048; 800/437-7448. **Window blinds**—Hunter Douglas Window Fashions, Two Pky., Rte. 17 S, Upper Saddle River, NJ 07458; 800/937-7895. **Home security system**—Honeywell Protection Services, 1985 Douglas Dr. N, Golden Valley, MN 55422; 800/328-5111. **Prints and paintings**—H.A. DeNunzio Co., Inc., 40 Scitico Rd., Somerville, CT 06072; 800/222-6827, Dept. 820. **Brass lamps**—Frederick Cooper Lamps, 2545 W. Diversey Ave., Chicago, IL 60647. **Recessed lighting**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL, 60007; 800/241-4831. **Lighting controls**—LiteTouch, Inc., 3550 S. 700 W, Salt





ake City, UT 84119. **Audio-video controls system**—Elan Advanced Home Network, Square D Co., 2 Lexington Green, Ste. 200, Lexington, KY 40503; 800/767-0914 ext. 115. **Silk flowers and vases**—Florita-Nova, 3021 Griffith St., Charlotte, NC 28203. **Rugs**—Dayton's Home Store, 7235 France Ave. S, Edina, MN 55435. **Silk plants, shrubs, and trees**—Natural Creations, 1526 Martin Rd., Bloomer, WI 54724; 800/538-8967.

Page Z8: kitchen cabinets—Wood-Mode Cabinetry, Kreamer, PA 17833. **Range hood**—Russell Range, 325 S. Maple Ave., No. 5, South San Francisco, CA 94080; 800/878-RUSS. **Refrigerator**—Northland Kitchen Appliances, P.O. Box 400, Greenville, MI 48838-0400; 800/223-3900. **Oven and dishwasher**—Miele Appliances, Inc., 22 D World's Fair Dr., Somerset, NJ 08873; 800/843-7231. **Faucets**—Kohler Co., Kohler, WI 53044. **Cabinet hardware**—Amerock, 4000 Auburn St., Rockford, IL 61125-7018. **Granite countertops**—Cold Spring Granite, 202 S. Third Ave., Cold Springs, MN 56320; 800/551-7502.

Page Z10: solid-surface upstairs bath, laundry room, and bedroom desk countertops—Gibraltar Solid Surfacing, Wilsonart, 600 S. General Bruce Dr., Temple, TX 76503-6110; 800/792-6000. **Solid-surface countertops and shower surround**—Avonite, Inc., 1945 Highway 304, Belen, NM 87002; 800/4-AVONITE. **Countertop fabrication**—Northwestern Tile & Marble, 6403 Cecilia Circle, Minneapolis, MN 55439. **Faucets and fixtures**—Kohler Co. (address above). **Towel warmers**—Myson, Inc., 20 Lincoln St., Essex Junction, VT 05452; 800/698-9690. **Bedspreads**—Martex WestPoint Stevens Home Fashions, 1185 Ave. of the Americas, New York, NY 10036. **Chest**—Henredon Furniture Ind., P.O. Box 70, Morganton, NC 28680-0070. **Master bedroom fireplace surround**—Chateau Cast Limestone, 2706 Magnet St., Houston, TX 77054; 800/599-LIME.

Pages Z12: staircase—Woodsmiths Design & Manufacturing, 515 Main St., Gunter, TX 75058; 800/874-2876. **Stairwell carpet runner**—Karastan, P.O. Box 27050, Greensboro, NC 27425-7050; 800/234-1120.

Page Z14: table, "Weekend Retreat," **chairs,** "Bob Timberlake"—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293-100; 800/544-4694.

Page Z16: rosso Verona marble—Epstone, 55 Jacobus Ave., South Kerany, NJ 07032. **Other marble floors**—Country Floors, 8735 Melrose Ave., Los Angeles, CA 90069. **Concrete roof tiles**—Vande-Hey Raleigh, Inc., 1565 Bohm Dr., Little Chute, WI 54140; 800/236-8453.

Architects & Designers

Pages Z1-Z16: architects—Tom Ellison and Dan Nepp, 2724 W. 43rd St., Minneapolis, MN 55410; 612/929-2800.

Videos—Videos about the *House with Character* may be ordered from Hometime, 4275 Norex Dr., Chaska, MN 55318; 612/448-3812. ⌂

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A House with Character

continued from page Z10

To invest a project with that elusive trait called character, it's important to realize that the whole of a *House with Character* is really much more than the mere sum of some delightful parts. The infusion of character began as the architect's first sketches gave definition to the home's rambling friendliness. This infusion continued as the Italian marble flooring was laid, artfully cast brass lamps were mounted, rich cherry wood trim was installed, and other details took their place. No single element stands alone. Success came by orchestrating these disparate details into a harmonious whole.

continued on page Z16

The charm of the morning room, *above*, required planning. A bank of windows welcomes the sun, built-in cabinetry adds woody textures, and underfloor radiant heating warms the whole room while keeping glazed floor tiles at temperatures comfortable enough for bare feet.

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A House with Character *continued from page Z14*

1 Calling to mind old slate roofs wearing weathered patinas as badges of long service, these cement roof tiles are an appealing substitute. The tiles are more than ¾-inch thick, have slightly varied colors, and come with a 50-year warranty. **2** This Italian marble called rosso Verona was chosen because its blushing texture provides a calm presence along the entrance gallery. **3** The bathroom's green border tiles were tumbled in a machine to round edges and make tiles appear as though they've been walked upon for centuries. **4** The fossilized imprints of seashells can be seen on some of the Verona tiles. **5** Niagara dolomite slabs from Wisconsin were used for the inglenook floor. **6** Avoiding drab walls is as simple as adding a pair of cherry corbels and an elegant brass lamp.

The following were major contributors to the project: WINDOWS: **MARVIN WINDOWS & DOORS.** FURNITURE: **LEXINGTON FURNITURE INDUSTRIES, HENREDON FURNITURE INDUSTRIES, RALPH LAUREN HOME COLLECTIONS, BAKER FURNITURE.** RUGS AND FURNITURE: **DAYTON'S HOME STORE.** UPHOLSTERY FABRICS: **ROBERT ALLEN FABRICS.** KITCHEN AND BATH CABINETS: **WOOD-MODE, INC.** WOOD FLOORING: **KÄHRS INTERNATIONAL.** RANGE HOOD: **RUSSELL RANGE.** REFRIGERATOR: **NORTHLAND KITCHEN APPLIANCES.** OVEN AND DISHWASHER: **MIELE APPLIANCES, INC.** FAUCETS AND FIXTURES: **KOHLER CO.** TOWEL WARMER: **MYSON, INC.** UPSTAIRS BATH AND LAUNDRY ROOM COUNTERTOPS: **GIBRALTAR SOLID SURFACES, WILSONART.** CABINET HARDWARE: **AMEROCK.** GRANITE KITCHEN AND BATH COUNTERTOPS: **COLD SPRING GRANITE.** SOLID-SURFACE BATHROOM COUNTERTOPS AND SHOWER SURROUND: **AVONITE, INC.** BRASS LIGHTING SCONCES AND HANGING FIXTURES: **THE BRASS LIGHT GALLERY.** PAINT AND STAIN: **BENJAMIN MOORE & CO.** ENTRY AND INTERIOR DOORS: **INTERNATIONAL WOOD PRODUCTS.** STAIRCASE: **WOODSMITHS DESIGN & MANUFACTURING.** WINDOW BLINDS: **HUNTER DOUGLAS WINDOW FASHIONS.** HOME SECURITY SYSTEM: **HONEYWELL PROTECTION SERVICES.** GAS FIREPLACE: **HEATILATOR, INC., DIV. OF HON IND.** LIGHTING CONTROLS: **LITE TOUCH, INC.** AUDIO-VIDEO CONTROLS SYSTEM: **ELAN ADVANCED HOME NETWORK, SQUARE D CO.** BEDSPREADS: **MARTEX WESTPOINT STEVENS HOME FASHIONS.** STAIRCASE CARPET RUNNER: **KARASTAN.** BRASS LAMPS: **FREDERICK COOPER LAMPS.** RECESSED LIGHTING: **HALO LIGHTING, DIV. OF COOPER IND.** CHERRY TRIM AND VENEERS: **FERCHE MILLWORK, INC.** ROSSO VERONA MARBLE: **EPSTONE.** OTHER MARBLE FLOORS: **COUNTRY FLOORS.** DOLOMITE: **BUECHEL STONE CORP.** CONCRETE ROOF TILES: **VANDE-HEY RALEIGH, INC.** OUTDOOR FURNITURE: **KINGSLEY-BATE.**

sporanox® 100 mg
(itraconazole capsules)

...ribing, please consult complete prescribing information of which the following is a brief summary.

...G: Coadministration of terfenadine with itraconazole is contraindicated. Serious cardiovascular ...ents, including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking ...le concomitantly with terfenadine. This is due to elevated terfenadine concentrations caused by ...e. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

...al azole antifungal, ketoconazole, inhibits the metabolism of astemizole, resulting in elevated plasma ...ons of astemizole and its active metabolite desmethylastemizole, which may prolong QT intervals. ...esults of an *in vitro* study and the chemical resemblance of itraconazole and ketoconazole, coadmin... ...t astemizole and itraconazole is contraindicated. See CONTRAINDICATIONS, WARNINGS, and ...TIONS sections.

...istration of cisapride with itraconazole is contraindicated. Serious cardiovascular adverse events ... death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole ...ntly with cisapride. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

...ONS AND USAGE
...(itraconazole capsules) is indicated for the treatment of the following fungal infections in immuno... ...ed and non-immunocompromised patients:

...osis, pulmonary and extrapulmonary,

...mosis, including chronic cavitary pulmonary disease and disseminated, non-meningeal histoplasmosis;

...is, pulmonary and extrapulmonary, in patients who are intolerant of or who are refractory to amphotericin ... and

...ycosis due to dermatophytes (tinea unguium) of the toenail with or without fingernail involvement.

...NDICATIONS
...ration of terfenadine, astemizole or cisapride with SPORANOX (itraconazole capsules) is contraindicated. ...WARNING, WARNINGS, and PRECAUTIONS sections.)

...nt administration of SPORANOX with oral triazolam or with oral midazolam is contraindicated. (See ...IONS section.)

...NOX should not be administered for the treatment of onychomycosis to pregnant patients or to women ...ring pregnancy.

...NOX is contraindicated in patients who have shown hypersensitivity to the drug or its excipients. There is no ...n regarding cross hypersensitivity between itraconazole and other azole antifungal agents. Caution should ... prescribing SPORANOX to patients with hypersensitivity to other azoles.

...GS
...nical trials prior to marketing, there have been three cases of reversible idiosyncratic hepatitis reported ...re than 2500 patients taking SPORANOX (itraconazole capsules). One patient outside the U.S. developed ...hepatitis and died during SPORANOX administration. Since this patient was on multiple medications, the ...ciation with SPORANOX is uncertain. If clinical signs and symptoms consistent with liver disease develop ...be attributable to itraconazole, SPORANOX should be discontinued.

...U.S. marketing, there have been three cases of life-threatening cardiac dysrhythmias and one death ...in patients receiving terfenadine and itraconazole. (See BOX WARNING, CONTRAINDICATIONS, and ...TIONS sections.)

...istration of astemizole with SPORANOX is contraindicated. (See BOX WARNING, CONTRAINDICA... ...d PRECAUTIONS sections.)

...ant administration of oral ketoconazole with cisapride has resulted in markedly elevated cisapride plasma ...tions, prolonged QT intervals, and has rarely been associated with ventricular arrhythmias and torsades ... Due to potent *in vitro* inhibition of the hepatic enzyme system mainly responsible for the metabolism ...de (cytochrome P450 3A4), itraconazole is also expected to markedly raise cisapride plasma concen... ...therefore, concomitant use of cisapride with SPORANOX is contraindicated. (See BOX WARNING, ...INDICATIONS, and PRECAUTIONS sections.)

...TIONS
...Hepatic enzyme test values should be monitored in patients with preexisting hepatic function abnormalities. ...Enzyme test values should be monitored periodically in all patients receiving continuous treatment for more ...month or at any time a patient develops signs or symptoms suggestive of liver dysfunction.

...NOX (itraconazole capsules) should be administered after a full meal.

...sted conditions, itraconazole absorption was decreased in the presence of decreased gastric acidity. The ...n of itraconazole may be decreased with the concomitant administration of antacids or gastric acid secretion ...rs. Studies conducted under fasted conditions demonstrated that administration with 8 ounces of a cola ... resulted in increased absorption of itraconazole in AIDS patients with relative or absolute achlorhydria. This ...relative to the effects of a full meal is unknown.

...*ts or patients.* Patients should be instructed to take SPORANOX with a full meal.

...should be instructed to report any signs and symptoms that may suggest liver dysfunction so that the appro... ...oratory testing can be done. Such signs and symptoms may include unusual fatigue, anorexia, nausea and/or ..., jaundice, dark urine or pale stool.

...actions: Both itraconazole and its major metabolite, hydroxyitraconazole, are inhibitors of the cytochrome ...4 enzyme system. Coadministration of SPORANOX and drugs primarily metabolized by the cytochrome ...4 enzyme system may result in increased plasma concentrations of the drugs that could increase or prolong both ...tic and adverse effects. Therefore, unless otherwise specified, appropriate dosage adjustments may be necessary.

...istration of terfenadine with SPORANOX has led to elevated plasma concentrations of terfenadine, resulting ...nstances of life-threatening cardiac dysrhythmias and one death. (See BOX WARNING, CONTRAINDICA... ...and WARNINGS sections.)

...oral azole antifungal, ketoconazole, inhibits the metabolism of astemizole, resulting in elevated plasma ...rations of astemizole and its active metabolite desmethylastemizole which may prolong QT intervals. *In ...* suggest that itraconazole, when compared to ketoconazole, has a less pronounced effect on the biotrans... ...m system responsible for the metabolism of astemizole. Based on the chemical resemblance of itraconazole ...oconazole, coadministration of astemizole with itraconazole is contraindicated. (See BOX WARNING, ...AINDICATIONS, and WARNINGS sections.)

...pharmacokinetics data indicate that oral ketoconazole potently inhibits the metabolism of cisapride resulting ...ght-fold increase in the mean AUC of cisapride. Data suggest that coadministration of oral ketoconazole and ...e can result in prolongation of the QT interval on the ECG. *In vitro* data suggest that itraconazole also ...ly inhibits the biotransformation system mainly responsible for the metabolism of cisapride; therefore concomi... ...nistration of SPORANOX with cisapride is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, ...ARNINGS sections.)

...nistration of SPORANOX with oral midazolam or triazolam has resulted in elevated plasma concentrations of ... two drugs. This may potentiate and prolong hypnotic and sedative effects. These agents should not be used ...ts treated with SPORANOX. If midazolam is administered parenterally, special precaution is required since ...tive effect may be prolonged. (See CONTRAINDICATIONS section.)

...istration of SPORANOX and cyclosporine, tacrolimus or digoxin has led to increased plasma concentrations ...atter three drugs. Cyclosporine, tacrolimus and digoxin concentrations should be monitored at the initiation of ...NOX therapy and frequently thereafter, and the dose of these three drug products adjusted appropriately.

...have been rare reports of rhabdomyolysis involving renal transplant patients receiving the combination of ...NOX, cyclosporine, and the HMG-CoA reductase inhibitors lovastatin or simvastatin. Rhabdomyolysis has ...served in patients receiving HMG-CoA reductase inhibitors administered alone (at recommended dosages) or ...tantly with immunosuppressive drugs including cyclosporine.

...ORANOX was coadministered with phenytoin, rifampin, or H_2 antagonists, reduced plasma concentrations of ...ole were reported. The physician is advised to monitor the plasma concentrations of itraconazole when any of ...gs is taken concurrently, and to increase the dose of SPORANOX if necessary. Although no studies have been ...d, concomitant administration of SPORANOX and phenytoin may alter the metabolism of phenytoin; there... ...sma concentrations of phenytoin should also be monitored when it is given concurrently with SPORANOX.

...en reported that SPORANOX enhances the anticoagulant effect of coumarin-like drugs. Therefore, prothrombin ...ould be carefully monitored in patients receiving SPORANOX and coumarin-like drugs simultaneously.

... concentrations of azole antifungal agents are reduced when given concurrently with isoniazid. Itraconazole ... concentrations should be monitored when SPORANOX and isoniazid are coadministered.

Severe hypoglycemia has been reported in patients concomitantly receiving azole antifungal agents and oral hypoglycemic agents. Blood glucose concentrations should be carefully monitored when SPORANOX and oral hypoglycemic agents are coadministered.

Tinnitus and decreased hearing have been reported in patients concomitantly receiving SPORANOX and quinidine. Edema has been reported in patients concomitantly receiving SPORANOX and dihydropyridine calcium channel blockers. Appropriate dosage adjustments may be necessary.

The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/day, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX, 100 mg b.i.d.

Carcinogenesis, Mutagenesis and Impairment of Fertility: Itraconazole showed no evidence of carcinogenicity potential in mice treated orally for 23 months at dosage levels up to 80 mg/kg/day (approximately 10x the maximum recommended human dose (MRHD)). Male rats treated with 25 mg/kg/day (3.1x MRHD) had a slightly increased incidence of soft tissue sarcoma. These sarcomas may have been a consequence of hypercholesterolemia, which is a response of rats, but not dogs or humans, to chronic itraconazole administration. Female rats treated with 50 mg/kg/day (6.25xMRHD) had an increased incidence of squamous cell carcinoma of the lung (2/50) as compared to the untreated group. Although the occurrence of squamous cell carcinoma in the lung is extremely uncommon in untreated rats, the increase in this study was not statistically significant.

Itraconazole produced no mutagenic effects when assayed in appropriate bacterial, non-mammalian and mammalian test systems.

Itraconazole did not affect the fertility of male or female rats treated orally with dosage levels of up to 40 mg/kg/day (5x MRHD) even though parental toxicity was present at this dosage level. More severe signs of parental toxicity, including death, were present in the next higher dosage level, 160 mg/kg/day (20x MRHD).

Pregnancy: Teratogenic Effects. Pregnancy Category C: Itraconazole was found to cause a dose-related increase in maternal toxicity, embryotoxicity and teratogenicity in rats at dosage levels of approximately 40-160 mg/kg/day (5-20xMRHD) and in mice at dosage levels of approximately 80 mg/kg/day (10x MRHD). In rats, the teratogenicity consisted of major skeletal defects; in mice it consisted of encephaloceles and/or macroglossia.

There are no studies in pregnant women. SPORANOX should be used for the treatment of systemic fungal infections in pregnancy only if the benefit outweighs the potential risk. SPORANOX should not be administered for the treatment of onychomycosis to pregnant patients or to women contemplating pregnancy. SPORANOX should not be administered to women of child-bearing potential for the treatment of onychomycosis unless they are taking effective measures to prevent pregnancy and the patient begins therapy on the second or third day of the next normal menstrual period. Effective contraception should be continued throughout SPORANOX therapy and for 2 months following treatment.

Nursing Mothers: Itraconazole is excreted in human milk; therefore, SPORANOX should not be administered to nursing women.

Pediatric Use: The efficacy and safety of SPORANOX have not been established in pediatric patients. No pharmacokinetic data are available in children. A small number of patients age 3 to 16 years have been treated with 100 mg/day of itraconazole for systemic fungal infections and no serious unexpected adverse effects have been reported.

In three toxicology studies using rats, itraconazole induced bone defects at dosage levels as low as 20 mg/kg/day (2.5xMRHD). The induced defects included reduced bone plate activity, thinning of the zona compacta of the large bones and increased bone fragility. At a dosage level of 80 mg/kg/day (10x MRHD) over one year or 160 mg/kg/day (20x MRHD) for six months, itraconazole induced small tooth pulp with hypocellular appearance in some rats.

While no such bone toxicity has been reported in adult patients, the long term effect of itraconazole in pediatric patients is unknown.

HIV-infected Patients: Because hypochlorhydria has been reported in HIV-infected individuals, the absorption of itraconazole in these patients may be decreased.

The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/day, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX, 100 mg b.i.d.

ADVERSE REACTIONS
In U.S. clinical trials prior to marketing, there have been three cases of reversible idiosyncratic hepatitis reported among more than 2500 patients. One patient outside the U.S. developed fulminant hepatitis and died during SPORANOX (itraconazole capsules) administration. Because this patient was on multiple medications, the causal association with SPORANOX is uncertain. (See WARNINGS section.)

ONYCHOMYCOSIS:
Adverse events in the following table led to either temporary or permanent discontinuation of treatment:

Body System/Adverse Event	Incidence (%) (n=112)
Elevated Liver Enzymes (>2x normal range)	4%
Gastrointestinal Disorders	[illegible]
[illegible]h	3%
Hypertension	2%
Orthostatic Hypotension	1%

Body System/Adverse Event	Incidence (%) (n=112)
Headache	1%
Malaise	1%
Myalgia	1%
Vasculitis	1%
Vertigo	1%

SYSTEMIC FUNGAL INFECTIONS:
Adverse experience data in the following table are derived from 602 patients treated for systemic fungal disease in U.S. clinical trials, who were immunocompromised or receiving multiple concomitant medications. Of these patients, treatment was discontinued in 10.5% of patients due to adverse events. The median duration before discontinuation of therapy was 81 days, with a range of 2-776 days. The table lists adverse events reported by at least 1% of patients.

Body System/Adverse Event (Incidence ≥ 1%)	Incidence (%)
Gastrointestinal Disorders	
Nausea	10.6
Vomiting	5.1
Diarrhea	3.3
Abdominal Pain	1.5
Anorexia	1.2
Body as a Whole	
Edema	3.5
Fatigue	2.8
Fever	2.5
Malaise	1.2
Skin and Appendages	
Rash	8.6*
Pruritus	2.5
Central and Peripheral Nervous System	
Headache	3.8
Dizziness	1.7

Body System/Adverse Event (Incidence ≥ 1%)	Incidence (%)
Psychiatric Disorders	
Libido decreased	1.2
Somnolence	1.2
Cardiovascular Disorders	
Hypertension	3.2
Metabolic and Nutritional Disorders	
Hypokalemia	2.0
Urinary System Disorders	
Albuminuria	1.2
Liver and Biliary System Disorders	
Hepatic function abnormal	2.7
Reproductive Disorders, Male	
Impotence	1.2

*Rash tends to occur more frequently in immunocompromised patients receiving immunosuppressive medications.

Adverse events infrequently reported in all studies included: constipation, gastritis, depression, insomnia, tinnitus, menstrual disorder, adrenal insufficiency, gynecomastia and male breast pain.

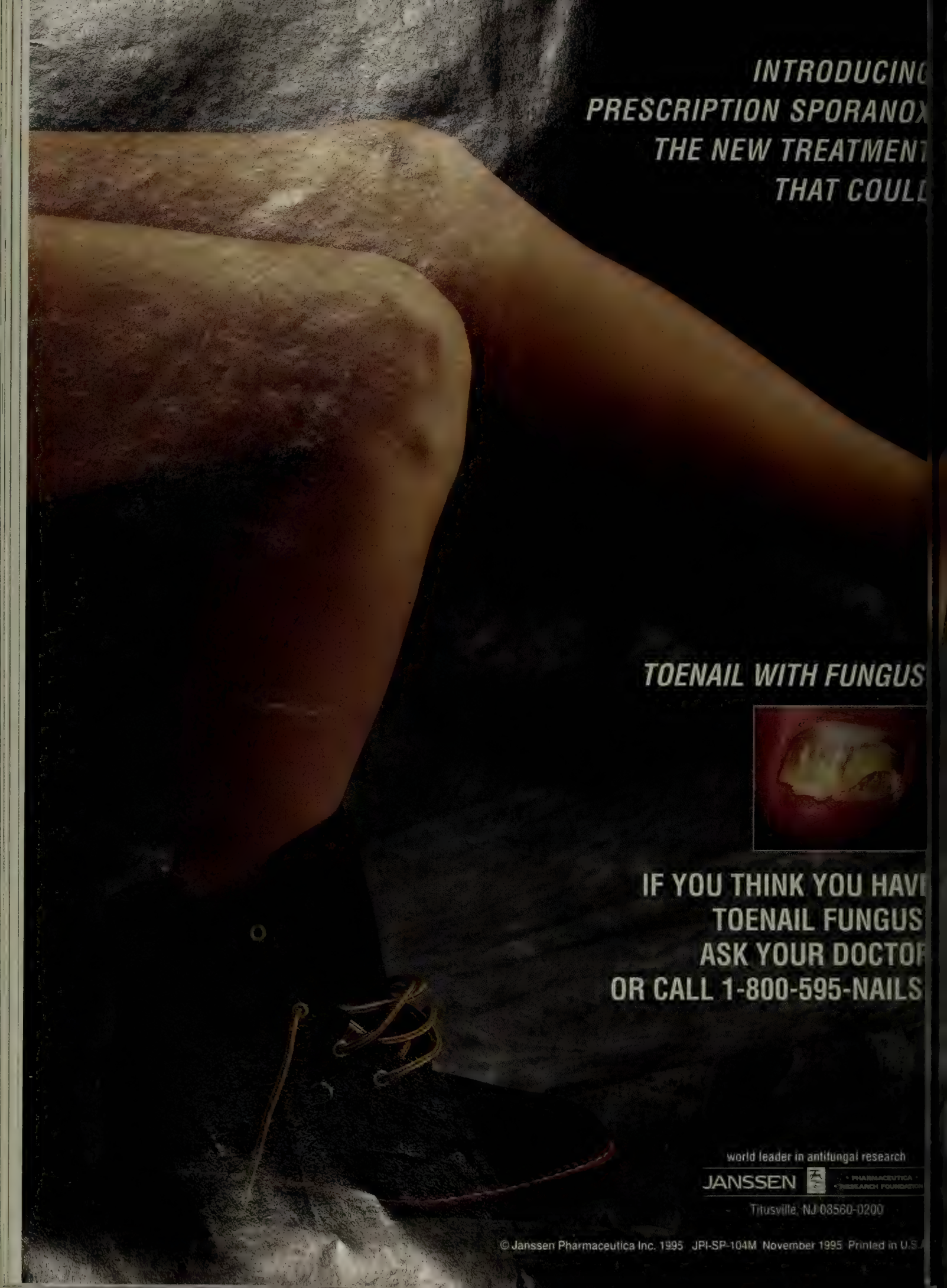
In worldwide postmarketing experience with SPORANOX, allergic reactions including rash, pruritus, urticaria, angioedema and in rare instances, anaphylaxis and Stevens-Johnson syndrome, have been reported. Marketing experiences have also included reports of elevated liver enzymes and rare hepatitis. Although the causal association with SPORANOX is uncertain, rare hypertriglyceridemia and isolated cases of neuropathy have also been reported.

OVERDOSAGE
Itraconazole is not removed by dialysis. In the event of accidental overdosage, supportive measures, including gastric lavage with sodium bicarbonate, should be employed.

No significant lethality was observed when itraconazole was administered orally to mice and rats at dosage levels of 320 mg/kg or to dogs at 200 mg/kg.

Rev. April 1995, September 1995

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What you should know about the safety of SPORANOX: SPORANOX has been well tolerated in patients. In clinical trials involving patients with thick, hard, yellowish, and/or brittle nails (onychomycosis), the following adverse effects led to either a temporary or a permanent discontinuation of treatment: elevated liver enzymes (4%), gastrointestinal disorders (4%), and rash (3%).

WARNING: SPORANOX must not be taken with terfenadine (Seldane®), astemizole (Hismanal®), cisapride (Propulsid®), or oral triazolam (Halcion®).

In rare instances, there were reports of elevated liver enzymes and hepatitis. (If clinical signs and symptoms consistent with liver disease develop, SPORANOX should be discontinued.) If you're pregnant or considering pregnancy, you should not take SPORANOX. Take SPORANOX only as directed by your doctor, and report any adverse effects to your doctor as soon as possible.

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DESIGN

Sitting Pretty

When you're ready to slipcover, reupholster, or buy a new seating piece, make sure you pick a fabric that lives as hard as you—and Sparky—expect it to.



Finding the right fabric means judging how practical it is, as well as how pretty. Give the fabric a tug to check the weave. The tighter the weave, the more durable the fabric. Next, read labels to find out what finishes have been used. Special finishes can make fabrics shed wrinkles, fight flames, even ward off mildew. The most popular finishes are the stain-repelling types that are "baked" into the fabric when it's manufactured. Finally, check the fiber content. Here are the characteristics of some common upholstery fabrics. Keep in mind that fibers are often combined to take advantage of the best traits in each.

THE NATURALS

Cotton: This fiber is strong, dyes to vivid colors, and is versatile. Cotton's weight and texture can be varied to create everything from corduroy to chintz. Because cotton fades in the sun, keep cotton-covered pieces out of direct light.

Linen: Linen's luster and strength are its best features. While linen's lack of resiliency does cause wrinkling, crease-resistant finishes are now available.

Wool: A strong fiber with good insulating properties, wool absorbs dye beautifully and is soil resistant. This expensive fabric attracts moths unless treated and should be spot-cleaned using dry methods.

THE SYNTHETICS

Acrylic: Acrylic fabrics have the warmth of wool, and they resist moths, mildew, and sunlight. They do have a tendency to pill, however.

Polyester: Strong and wrinkle resistant, polyester has good soil resistance and holds its shape well. This moderately priced fabric can be difficult to dye, though, resulting in duller colors. It also loses strength with sun exposure.

Olefin: Olefin is strong, a good insulator, and resistant to stains and sunlight. Its care is easy, too—spot-clean the fabric with mild soap and water. This fiber will melt with exposure to extreme heat, such as a too-close cigarette.



When you love your puppy,

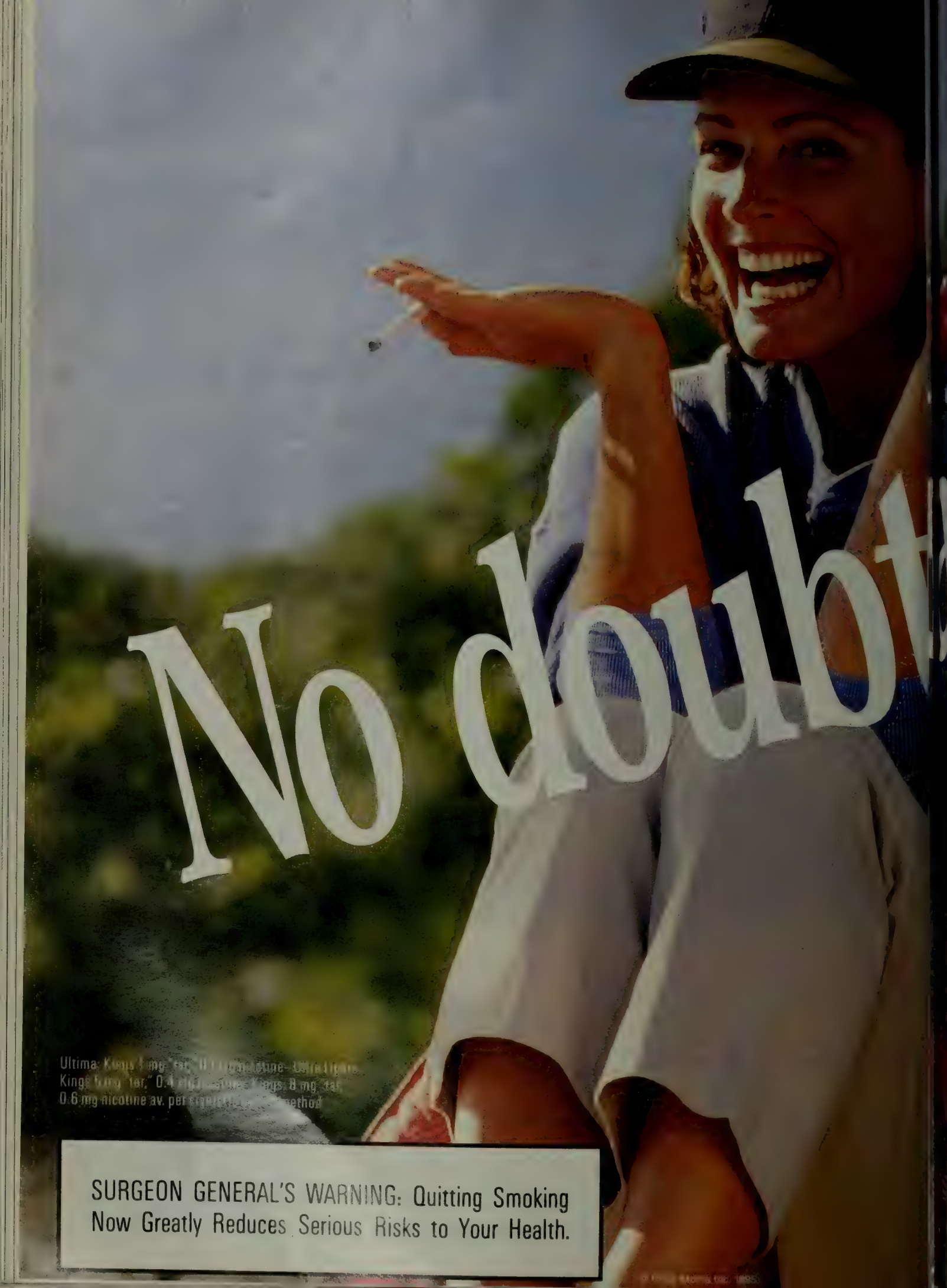


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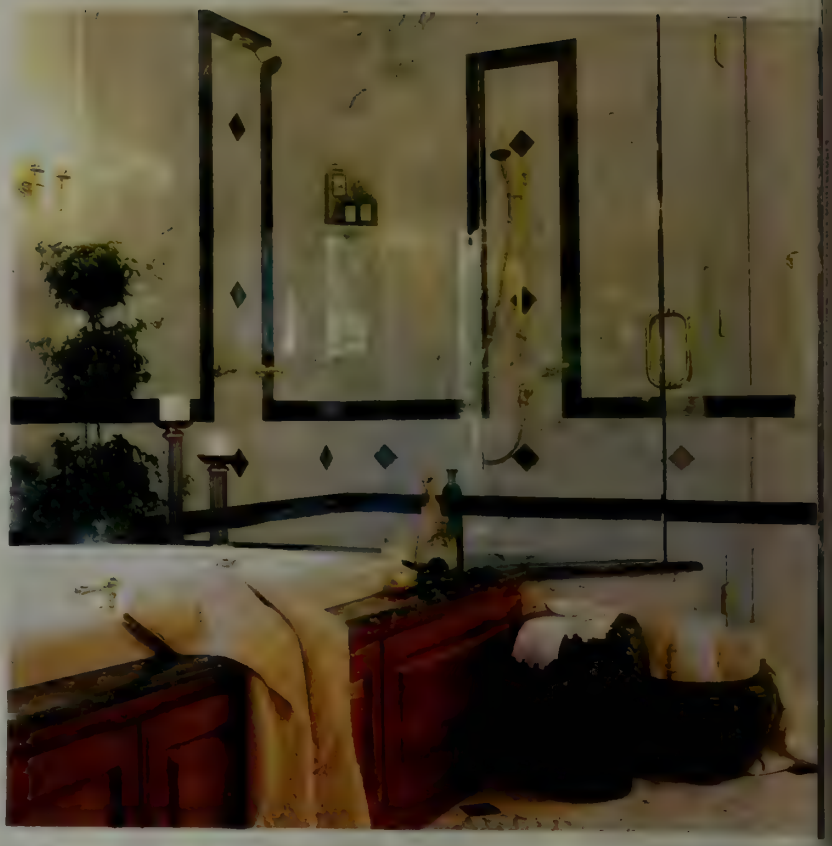
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BUILDING

A Marble-ous Master Bath



Tub and shower: The tub platform extends beneath the glass screen, providing ca
seating bench in the glass shower stall. The marble rim surrounding the tub guards
the cherry-wood paneling from splashes; marble striping above echoes the panels.

Basking in the rewards of borrowed closet space, rich-looking materials, and built-in cabinets, this renovated master bath reflects a timeless elegance.

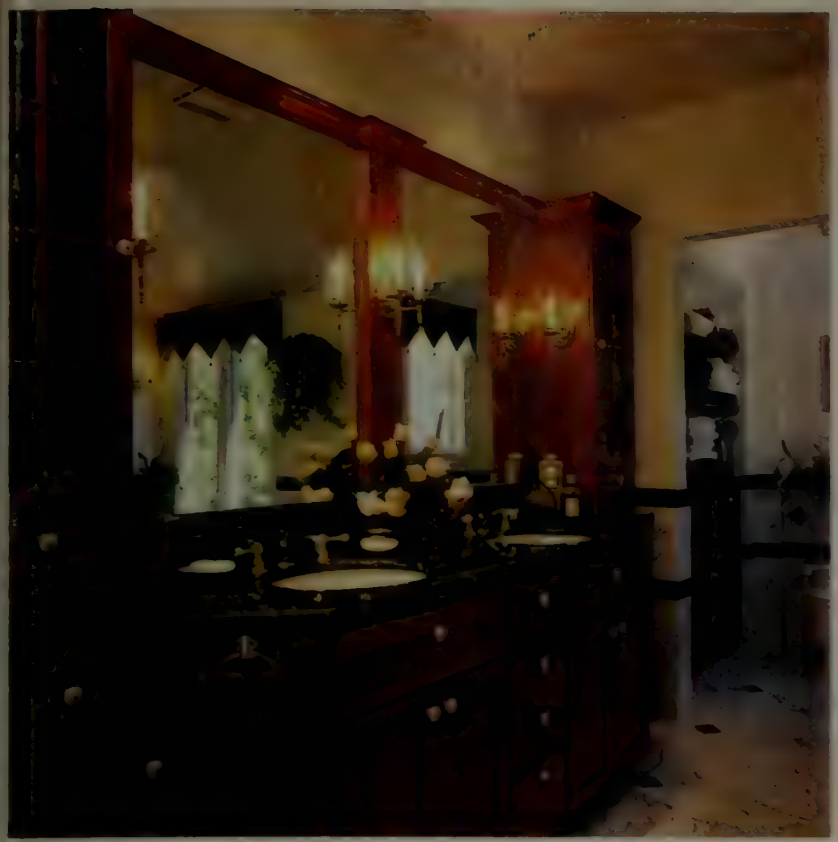
The 1920s house that Roel and Ricka Pieper bought came with just the right everything—except a roomy master bath where 6-foot 5-inch Roel could feel comfortable. By snatching closet space from the master bedroom and an adjoining guest room, the Piepers reconfigured the floor plan and created a luxurious master bath reflecting an elegant European ambience for the couple.

The Piepers chose green and white marble for the walls and floor, but opted for cherry-





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Vanity wall: A panorama of rich-looking materials—cherry-wood cabinets, green and white marble on the walls and floor, and brass accents—adds elegance and warmth to the long, open master bath. Large mirrors make the room appear wider.

wood cabinets. "Wood cabinets have a classic look that is enduring," says Ricka, who designed the cabinets herself. Undermounted sinks protect against water splashing onto the marble countertop and the surrounding woodwork. Glass-paned doors add a formal look to the upper cabinets.

The bath is flooded with light by the addition of a skylight and windows topped by a stylish valance. Large mirrors framed in cherry-wood molding pick up interesting angles in the bath.

Part of the recycled closet space became an alcove for the toilet. Built-in shelving and a coved ceiling set this area apart, but green marble accent stripes unify the two areas visually. The striping continues around the tub and shower, segmenting their white marble walls into panel-like sections. Diamond inserts punctuate the "panels" and the floor.



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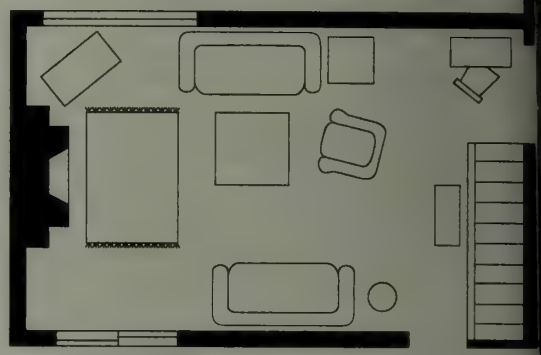
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DESIGN

Room Arranging Dos and Don'ts

before

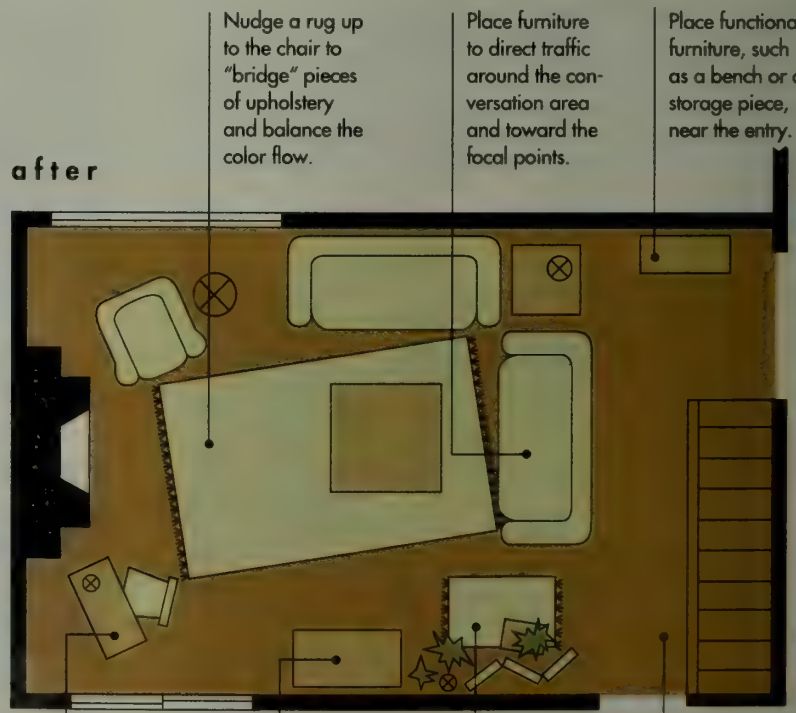


Arrange your furniture to help a long room with two focal points feel inviting.

THE PROBLEM: The distance between the two sofas is too great for quiet conversation and causes traffic to shuffle directly through the middle of the seating area. The TV and fireplace, resting side-by-side, fight for attention and cause too much bulk in one corner, which throws the room off–balance.

THE SOLUTION: Create a cozier "room within a room" by gathering furniture closer, within 8 to 10 feet. Placed crosswise, one sofa forms a "wall" to direct traffic around the conversation area. Separate two focal points, allowing main seating pieces a view at both. Use an area rug strategically to anchor a floating seating group and help balance the room's visual weight of color.

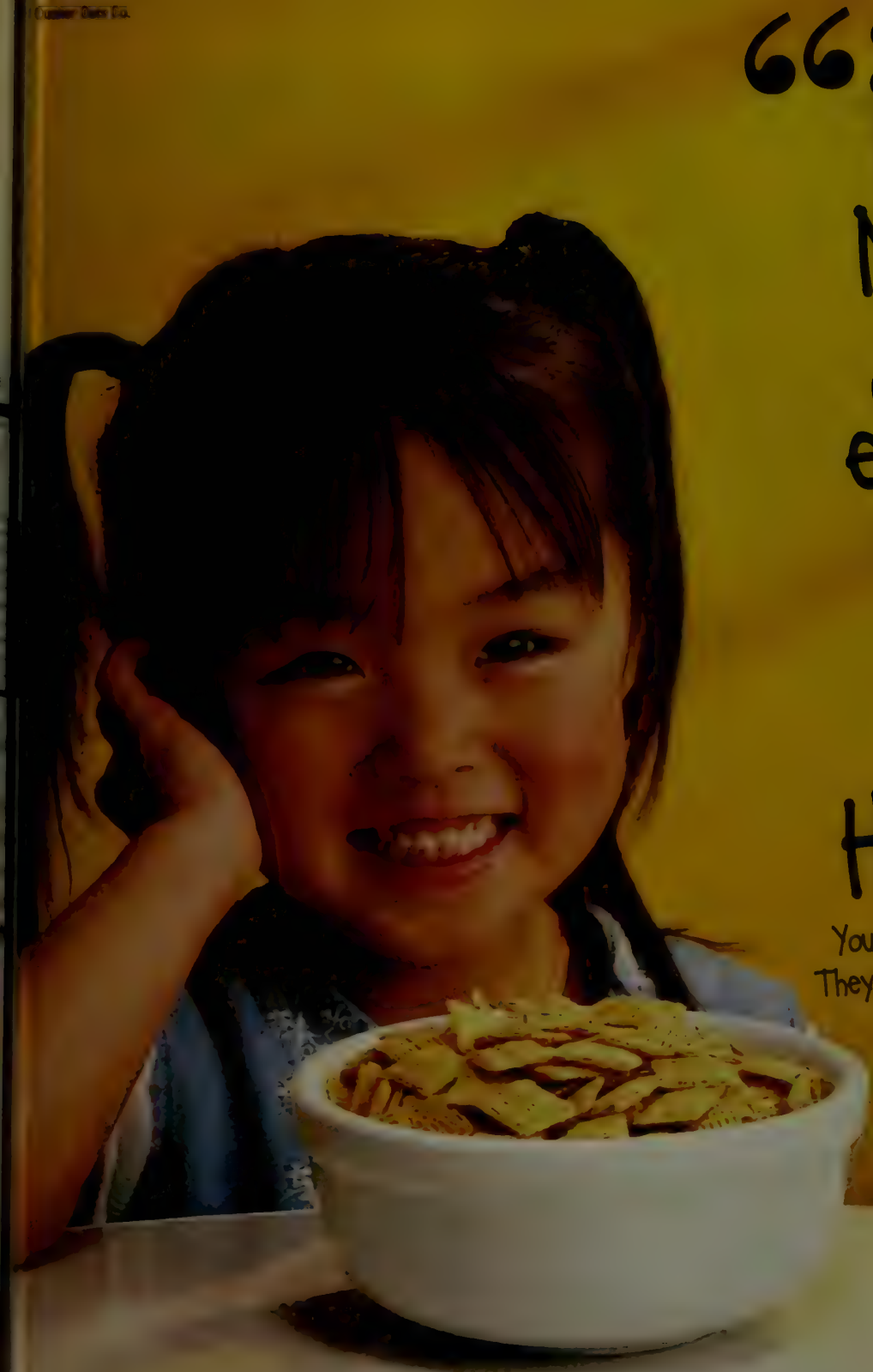
after



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Our Best RECIPES

This month, you'll find:

Comforts from the Kitchen p.104

Readers' Prizewinning Recipes

Best-Loved Soups and Chowders / Peanut Butter Treats p.219



French Farmhouse Garlic Chicken p.172

Think back to growing up. Where did you head to share the exploits of your school day? The living room? No, that was saved for company. Chances are it was the kitchen. Mom or Grandma was certain to be found there. She'd stop stirring and listen as she stirred and simmered simple, wholesome victuals for the evening's meal. She knit the family together around the table, where she ladled hearty

BY CARLA WALDEMAR

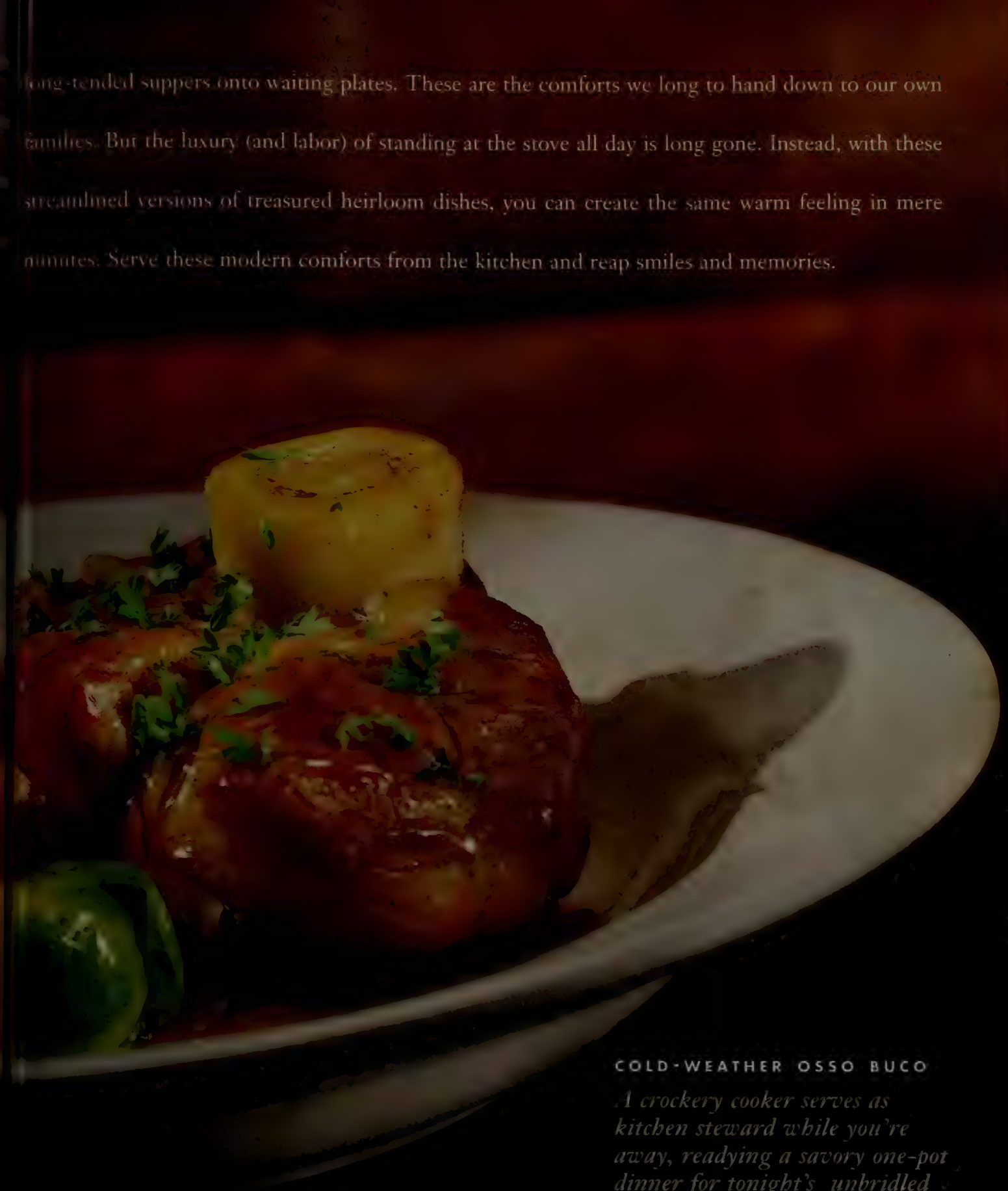


RAVIOLI LASAGNA

What family doesn't love lasagna? Our skillet version calls on purchased ravioli to pinch-hit for layers of filling and noodles.

COMFORTS *from*

long-tended suppers onto waiting plates. These are the comforts we long to hand down to our own families. But the luxury (and labor) of standing at the stove all day is long gone. Instead, with these streamlined versions of treasured heirloom dishes, you can create the same warm feeling in mere minutes. Serve these modern comforts from the kitchen and reap smiles and memories.



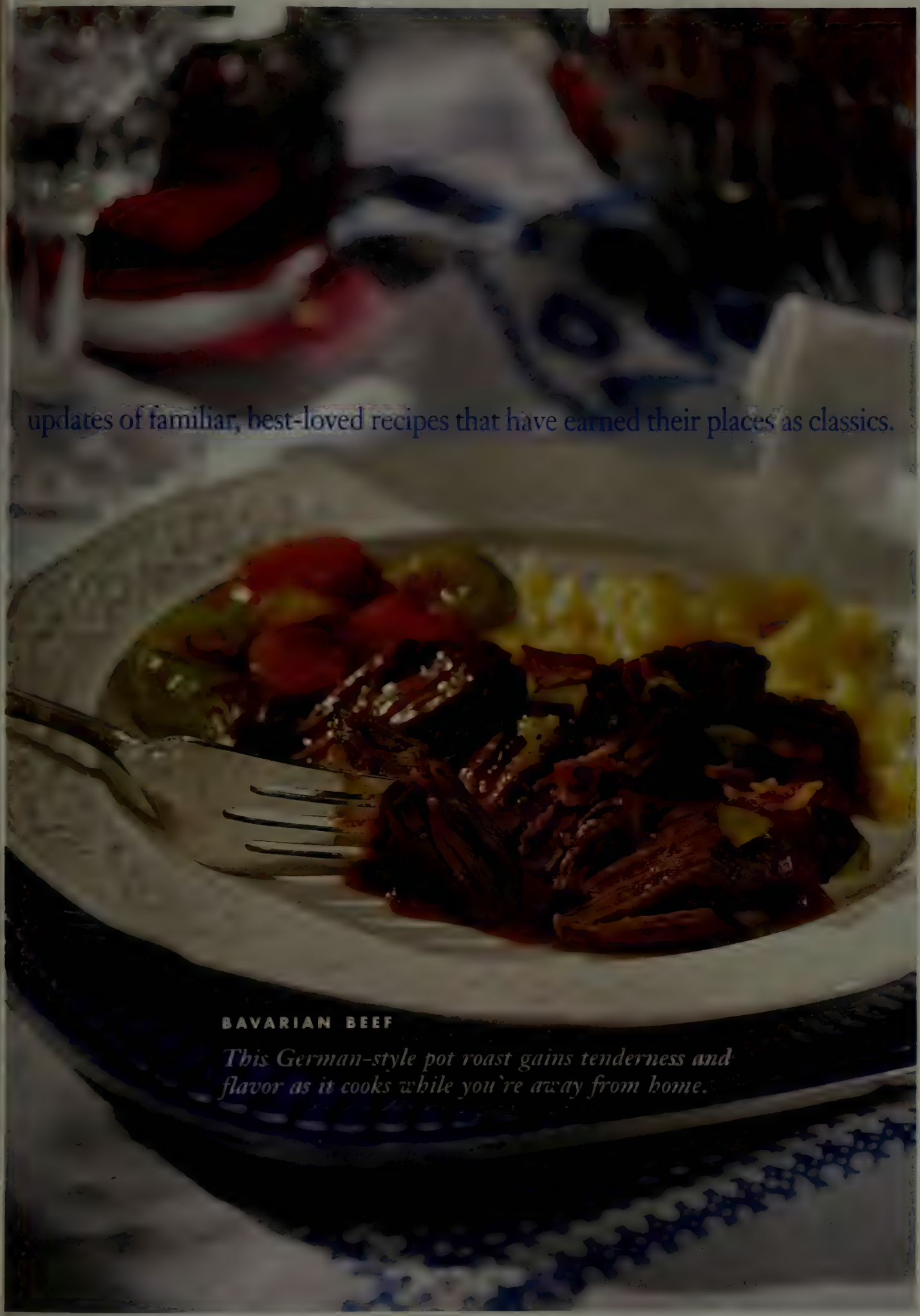
COLD-WEATHER OSSO BUCO

A crockery cooker serves as kitchen steward while you're away, readying a savory one-pot dinner for tonight's unbridled appetites.

Recipes begin on page 172.

THE KITCHEN


Meet the new, abridged versions of the foods we grew up on (or wish we did): spee



updates of familiar, best-loved recipes that have earned their places as classics.

BAVARIAN BEEF

This German-style pot roast gains tenderness and flavor as it cooks while you're away from home.

Recipes begin on page 172

Old-world flavors [illegible] in a flash, thanks to modern ingredients,



MOROCCAN LAMB AND FRUIT STEW

Richly seasoned cubes of meat slow-cook with winter fruits till you're home and ready; then, stand back for the stampede

cuts, and make-ahead tricks that shave time and toiling for the cook.



SPICE MARKET
PASTITSIO

Call it money in the bank. Fix this family favorite ahead of time, then pull it from the freezer when the pressure's on.

OUNDARY WATERS
CABBAGE ROLLS

Fill them when you've got a few minutes; hen, simply simmer when it's time to eat.

Recipes begin on page 172

ROOT CELLAR BOUILLABAISSE

Bouillabaisse, above, *used to take hours to assemble and render tasty; ours is quick and easy to prepare, and the flavor's a match for any bistro's.*

BORSCHT FOR BUSY PEOPLE

When the winter winds howl, take refuge in a ste ing bowl of soup; this borscht, below, *is pretty eno for company and quick to fix for family meals.*



Recipes begin on page 172

Team up two classics and don't expect leftovers.



Pepperidge Farm's perfectly seasoned stuffing and Campbell's Soup's creamy texture create a delicious new recipe you're sure to file with your everyday favorites.



One Dish Chicken & Stuffing Bake

4 cups Pepperidge Farm® Herb Seasoned Stuffing
4 to 6 skinless, boneless chicken breast halves
Paprika
1 can (10 3/4 oz) Campbell's® Cream of Mushroom Soup
1/3 cup milk
1 tbsp. chopped fresh parsley

1. Mix stuffing, 1 1/4 cups boiling water and 4 tbsp. margarine*
2. Spoon stuffing across center of 3-qt shallow baking dish. Place chicken on each side of stuffing. Sprinkle paprika over chicken.
3. Mix soup, milk and parsley. Pour over chicken.
4. Bake covered at 400°F for 30 min. or until chicken is no longer pink.

*For lower fat stuffing reduce margarine to 1 tbsp.

Prep Time: 10 min. Cook Time: 30 min. Yield: Serves 4 to 6

6 Pepperidge Farm, Inc. ©1996 Campbell Soup Company

COOKIE DECORATING WARNING

To decorate some of the Celestial Cookies in our January 1996 issue, we used a product called luster dust (also called pearl dust or sparkle dust). Since publication, we have learned that this product has not been approved for food use by the Food and Drug Administration (FDA). For that reason, we recommend using it only for decorative purposes. However, when consumed in small quantities, this product is nontoxic. As an edible decorative alternative, we suggest using powdered food coloring, which is available wherever cake decorating supplies are sold.

Kitchen Comforts

continued from page 170

FRENCH FARMHOUSE GARLIC CHICKEN

The classic version of this recipe requires stuffing and roasting a whole chicken. To speed dinner to the table, we've substituted chicken breasts cooked atop the stove.

- 4 small boneless, skinless chicken breast halves (about 12 oz. total)
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. cooking oil
- 40 small cloves unpeeled garlic*
- ½ cup dry white wine or chicken broth
- ½ cup chicken broth
- 1 Tbsp. lemon juice
- 1 tsp. dried basil, crushed
- ½ tsp. dried oregano, crushed
- 4 tsp. all-purpose flour
- 2 Tbsp. dry white wine or chicken broth
- Cooked mashed potatoes or cooked rice
- Cooked zucchini, sliced (optional)

Rinse chicken; pat dry. Season with salt and pepper. In a 10-inch skillet heat oil over medium-high heat. Add chicken and garlic cloves. Cook chicken for 2 to 3 minutes on each side or just till brown, turning once. Slowly add ½ cup wine or broth, the second ½ cup broth, lemon juice, basil, and oregano. Cover and simmer for 6 to 8 minutes or till chicken is tender and no longer pink.

Using a slotted spoon, transfer chicken and garlic to a warm serving platter; keep warm.

In a small bowl stir together flour and the 2 tablespoons wine or broth. Stir into pan juices. Bring to boiling. Cook and stir for 1 minute more. Spoon atop chicken. Serve with potatoes or rice and zucchini, if desired. Makes 4 servings.

**Note:* Halve any large garlic cloves. If time allows, you can peel the garlic before cooking; otherwise simply slip the skins off the cooked cloves with the tip of your dinner knife as you eat.

Nutrition facts per serving: 327 cal., 7 g total fat (2 g sat. fat), 48 mg chol., 755 mg sodium, 40 g carbo., 2 g fiber, and 22 g pro. Daily Value: 1% vit. A, 36% vit. C, 9% calcium, and 12% iron.

THE GLORY OF GARLIC

Forty cloves of garlic in this recipe may read like a misprint, even to those over the course of history who believed garlic repelled evil spirits and kept vampires at bay. But cooking the cloves makes them far more sweet and tender than eaten raw.

Choose firm, plump heads with no soft, dark spots. Store them whole in a cool, dark, dry place. Garlic can also be purchased minced and bottled as a fresh paste, minced and dried, and as garlic juice and garlic powder. For one fresh clove you may substitute ⅛ teaspoon dried minced garlic or garlic powder, or ½ teaspoon bottled minced fresh garlic. The flavor of the dried products is sharper and less sweet.

RAVIOLI LASAGNA

Lasagna in a skillet? Can do, thanks to our trick with ravioli. Fair warning: Once kids taste this lasagna, they'll clamor for it often.

- 2 cups light chunk-style spaghetti sauce
- ⅓ cup water
- 1 9-oz. pkg. refrigerated meat- or cheese-filled ravioli
- 1 beaten egg
- 1 15-oz. carton fat-free ricotta cheese
- ¼ cup grated Romano or Parmesan cheese
- 1 10-oz. pkg. frozen chopped spinach, thawed and drained

In a 10-inch skillet combine spaghetti sauce and water; bring to boiling. Stir in the ravioli. Cover; cook mixture over medium heat about 5 minutes or till ravioli are nearly tender, stirring mixture once to prevent sticking.

In a medium mixing bowl combine the egg, ricotta cheese, and Romano or Parmesan cheese with a fork. Dot ravioli with spinach. Spoon ricotta mixture atop. Cover and cook over low heat about 10 minutes more or till ricotta layer is set and pasta is just tender. Makes 4 servings.

Nutrition facts per serving: 433 cal., 14 g total fat (3 g sat. fat), 131 mg chol., 501 mg sodium, 49 g carbo., 3 g fiber, 36 g pro. Daily Value: 74% vit. A, 30% vit. C, 39% calcium, and 22% iron.

COLD-WEATHER OSSO BUCO

This stew has been a mainstay of hungry, thrifty folks for ages. Ours revisits the family favorite with squash and brussels sprouts.

- 2 Tbsp. olive oil
- 4 veal shank cross cuts (2 lb.) or 1½ lb. boneless beef short ribs
- ¼ tsp. pepper
- 1 large onion, chopped
- 3 cloves garlic, minced

continued on page 174

There was a time when Chinese New Year was celebrated only by the Chinese. Times have changed.

This year, start your own tradition and celebrate Chinese New Year with naturally brewed Kikkoman Soy Sauce, the easy way to bring a unique, authentic flavor to any oriental meal. For a special Kikkoman recipe booklet, send a stamped, self-addressed envelope to Kikkoman International Inc., Dept. CS17F, P.O. Box 420784, San Francisco, CA 94142-0784.



KIKKOMAN

continued from page 172

- 1 10½-oz. can condensed chicken broth
- 8 new potatoes, halved
- 1½ cups cubed, peeled butternut squash (1- to 1½-inch cubes) (about 1 lb. unpeeled)
- 1 10-oz. pkg. frozen brussels sprouts*
- 1 Tbsp. prepared horseradish
- 2 Tbsp. cornstarch
- 2 Tbsp. cold water
- Snipped parsley (optional)

In a 10-inch skillet heat oil over medium-high heat. Brown veal shanks or beef ribs, *half* at a time, in hot oil. Transfer the meat to a 3½- to 4-quart crockery cooker, reserving drippings in skillet. Sprinkle the meat with pepper.

Add onion and garlic to skillet. Add more oil if necessary. Reduce heat to medium; cook till onion is tender, stirring occasionally. Add chicken broth, scraping bottom of the pan to loosen any browned bits.

Transfer the onion mixture with juices to the crockery cooker. Add potatoes. Cover and cook on the low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours, or till meat is nearly tender.

Add squash, brussels sprouts, and horseradish to cooker, rearranging so vegetables are in cooking liquid. Stir together cornstarch and water; stir into mixture in slow cooker. Increase heat to high. Cook, covered, for 45 to 60 minutes more or till vegetables are just tender. Transfer meat and vegetables to a serving platter. Sprinkle with parsley, if desired. Makes 4 servings.

**Note:* If necessary, run brussels sprouts under water to separate.

Nutrition facts per serving: 474 cal., 14 g total fat (4 g sat. fat), 139 mg chol., 626 mg sodium, 42 g carbo., 7 g fiber, 46 g pro. Daily Value: 72% vit. A, 125% vit. C, 8% calcium, and 29% iron.

MONTEREY TORTILLA CASSEROLES

In Mexico, this dish is served for breakfast; stateside families enjoy it as a quick and tasty dinner, too.

- Nonstick spray coating
- 6 6-inch corn tortillas, each cut into 6 wedges
- 2 cups cubed cooked chicken
- 1 cup loose-pack frozen whole kernel corn
- 1 16-oz. jar salsa verde
- 3 Tbsp light dairy sour cream
- 3 Tbsp. snipped fresh cilantro
- 1 Tbsp. all-purpose flour
- 1 cup crumbled Mexican chihuahua or farmer cheese (4 oz.)
- Light dairy sour cream (optional)
- Jalapeño pepper, thinly sliced (optional)
- Snipped fresh cilantro (optional)
- Chopped tomato (optional)

Spray four 10- to 12-ounce baking dishes with nonstick spray. Place 5 tortilla wedges in the bottom of each dish. Place remaining pieces on a baking sheet; bake in a 350° oven about 10 minutes or till crisp and golden. Meanwhile, combine chicken, corn, salsa verde, the 3 tablespoons sour cream, cilantro, and flour. Divide mixture among dishes.

Bake, uncovered, in a 350° oven for 20 minutes. Arrange baked tortilla pieces atop casseroles. Top with cheese; bake for 5 to 10 minutes more or till heated through. If desired, garnish with additional sour cream, jalapeño slices, cilantro, and tomato. Makes 4 servings.

Make-ahead directions: Assemble casseroles as directed above, *except* do not top with baked tortilla pieces; place baked pieces in a moisture- and vapor-proof plastic bag. Freeze casseroles and pieces up to 2 months.

To bake frozen casseroles: Bake, covered, in a 350° oven for 25 minutes. Uncover; bake about 20 minutes more or till heated through. Top with tortilla pieces and cheese; bake for 5 to 10 minutes more or till heated through. Garnish as above.

To micro-cook frozen casseroles: Cover casseroles with waxed paper; micro-cook on 30% power, allowing 4 minutes for 1 casserole and 5 minutes for 2 casseroles. Continue cooking, covered, on 100% power till heated through, allowing 2 to 4 minutes for 1 casserole or 3 to 6 minutes for 2 casseroles, rotating the dishes once. Top with baked tortilla pieces and cheese; micro-cook, uncovered, about 30 seconds more or till cheese is melted. Garnish as above.

Nutrition facts per serving: 479 cal., 21 g total fat (3 g sat. fat), 98 mg chol., 1,247 mg sodium, 45 g carbo., 7 g fiber, 34 g pro. Daily Value: 22% vit. A, 73% vit. C, 27% calcium, and 11% iron.

continued on page 176

GO ON-LINE WITH THE

The BetterHomes Kitchen

For more great food ideas, visit our new home located on CompuServe Information Service. Using your home computer, you can find recipes, money- and time-saving tips, how-to photos, nutrition advice, and great ideas for planning parties and family dinners. The heart of The Better Homes Kitchen™ is the message section, where you can share your food thoughts with others or tune in at specified times to chat with the BH&G Food Editors and other food experts. If you are currently a member of CompuServe, you're all set to experience our new service; simply Go Kitchen. Becoming a member of CompuServe is easy, too. Just call 800/858-0401. As a new member, you'll qualify for a month's free membership and 10 hours of free use of the service. If you wish to continue your membership, you will be billed $9.95 per month. Your monthly fee includes 5 hours of the service; additional hours are $2.95 each.

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What's Your Favorite *Better Homes and Gardens* Recipe?

Next year *Better Homes and Gardens* magazine will celebrate the 75th anniversary of its first publication. Over the decades, it has been our pleasure to serve as a home cook's best friend, providing recipes that are reliable, creative, and above all, tasty.

In an upcoming anniversary issue, we plan to feature some of the time-honored recipes garnered from the pages of our magazine that readers like you have enjoyed the most. Please send us a copy of a favorite *Better Homes and Gardens* magazine recipe (or the recipe title and approximate date it was published), along with a line or two telling us what you love about it, on what occasions you serve it, and why you have cherished it over the years. We're excited to see the results, and we know you will be too.

Include your name, address, telephone number, and any other information you care to share about your love of cooking and what *Better Homes and Gardens* recipes have meant to you.

Mail your response by April 1, 1996, to *Better Homes and Gardens* Food Department, Attention: 75th Anniversary Recipes, 1716 Locust St., Des Moines, IA 50309-3023. All letters become the property of *Better Homes and Gardens* magazine.

Kitchen Comforts

continued from page 174

BAVARIAN BEEF

German seasonings wake up this pot roast; serve it the traditional way with little potato dumplings called spaetzle. Make yours from scratch, or speed preparations by using a packaged version.

- 1 2½- to 3-lb. boneless beef chuck pot roast
- 1 Tbsp. cooking oil
- 4 carrots, sliced (2 cups)
- 2 cups chopped onions
- 2 large kosher-style dill pickles, chopped (¾ cup)
- 2 stalks celery, sliced (1 cup)
- ½ cup dry red wine or beef broth
- ⅓ cup German-style mustard
- ½ tsp. coarse ground black pepper
- ¼ tsp. ground cloves
- 2 bay leaves
- 2 Tbsp. all-purpose flour
- 2 Tbsp. dry red wine or beef broth
- Hot cooked spaetzle or cooked noodles
- Chopped dill pickle (optional)
- Cooked, crumbled bacon (optional)

Trim fat from the pot roast. If necessary, cut the roast to fit into a 3½- or 4-quart crockery cooker; reserve trimmings for another use. In a large skillet brown the roast slowly on all sides in hot oil.

Meanwhile, in the crockery cooker place carrots, onions, ¾ cup pickles, and celery. Place meat atop the vegetables. In a small bowl combine red wine or beef broth, mustard, pepper, cloves, and bay leaves.

Pour over meat. Cover and cook on the low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove meat from cooker and place on a serving platter; keep warm.

For gravy, transfer vegetables and cooking liquid to a 2-quart saucepan. Skim off fat. Remove bay leaves. Stir together flour and the remaining 2 tablespoons wine or beef broth. Stir into the mixture in saucepan. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 1 minute more. Serve meat and vegetables with gravy and hot cooked spaetzle or noodles. If desired, top with additional chopped pickle and bacon. Makes 8 servings.

Nutrition facts per serving: 454 cal., 15 g total fat (5 g sat. fat), 158 mg chol., 548 mg sodium, 35 g carbo., 4 g fiber, 41 g pro. Daily Value: 89% vit. A, 7% vit. C, 7% calcium, and 42% iron.



CROCKERY COOKERY

The recipes in this story were tested in crockery cookers (shown above), not slow cookers. A crockery cooker is a ceramic chamber that heats from the sides, but not the bottom; a slow cooker is a covered casserole that sits on a heated platform. A crockery cooker lets you cook at one of two heat settings—low or high—but a slow cooker has up to five settings. If you have a slow cooker, the timings in our crockery cooker recipes will be too long, so you'll need to adjust them.

continued on page 178



HONEY-DIJON BEEF STIR-FRY – 30 MINUTES

- 1 pound beef round tip steaks, cut ⅛" to ¼" thick
- 3 cups (12 oz) frozen french fried potatoes
- 1 red onion, cut lengthwise into thin wedges
- 1 red or green bell pepper, cut into thin strips
- ⅓ cup prepared honey-dijon barbecue sauce

1. Prepare potatoes following package directions; keep warm.
2. Stack beef steaks; cut lengthwise in half, then crosswise into 1" strips. Spray large nonstick skillet with vegetable cooking spray; heat over medium-high heat until hot. Add beef (½ at time) and stir-fry 1 minute or until outside surface is no longer pink. Remove from skillet; season with salt, if desired.
3. In same skillet, add onion and bell pepper; stir-fry over medium heat 5 minutes or until crisp-tender. Return beef to skillet. Add barbecue sauce; heat through. Spoon mixture over potatoes; serve immediately. Makes 4 servings.

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For more quick and easy FREE beef recipes, send a self-addressed stamped business-size envelope to: Beef Industry Council, Dept. of Advertising - BHG, 444 N. Michigan Ave., Chicago, IL 60611

hat's fast food without french fries?

BEEF

IT'S WHAT'S FOR DINNER®

continued from page 176

MOROCCAN LAMB AND FRUIT STEW

Dates and apricots lend a beguiling sweetness to this hearty stew. Serve it over couscous—tiny flakes of semolina found in the pasta section of your supermarket.

- 1 to 2 tsp. crushed dried red pepper
- ¾ tsp. ground turmeric
- ¾ tsp. ground ginger
- ¾ tsp. ground cinnamon
- ½ tsp. salt
- 2 lb. boneless leg of lamb or beef bottom round roast, well trimmed and cut into 1- to 1½-inch pieces
- 2 Tbsp. olive oil or cooking oil
- 2 large onions, chopped
- 3 cloves garlic, minced
- 1 14½-oz. can beef broth
- 1 Tbsp. cornstarch
- 2 Tbsp. cold water
- 1 cup pitted dates
- 1 cup dried apricots
- Hot cooked couscous or rice
- ¼ cup toasted slivered almonds
- Orange peel curl (optional)

In a shallow mixing bowl combine crushed red pepper, turmeric, ginger, cinnamon, and salt. Coat meat with seasoning mixture. In a large skillet heat oil over medium-high heat. Brown meat, *one-third* at a time, in the hot oil. Transfer meat to a 3½- to 4-quart crockery cooker. Add onions and garlic; stir to combine. Pour beef broth over all.

Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3½ to 4½ hours or till meat is tender. Skim fat from the surface of the juices in the crockery cooker. Stir cornstarch into water; stir into crockery cooker.

Add dates and apricots; stir to combine. If using low-heat setting, turn to high-heat setting. Cover and cook for 30 minutes more or till mixture is slightly thickened and bubbly.



Ballpark hot dogs take a backseat to these beer-simmered links, piled atop seasoned sauerkraut into a hefty hoagie bun.

To serve, spoon stew atop hot couscous or rice. Top with almonds. If desired, garnish with orange peel curls. Makes 6 to 8 servings.

Nutrition facts per serving: 550 cal., 14 g total fat (3 g sat. fat), 76 mg chol., 475 mg sodium, 75 g carbo., 12 g fiber, 34 g pro. Daily Value: 18% vit. A, 7% vit. C, 6% calcium, and 29% iron.

SAUERKRAUT AND SAUSAGE ROLLS

Apple cider, orange peel, and cardamom add new flavor surprises to this two-fisted sandwich, made extra-hearty with dark, full-bodied beer.

- 1 12-oz. bottle dark beer
- 4 fully cooked knockwurst or other mild-flavored sausage
- 1 14½-oz. jar sauerkraut, rinsed and well drained
- 2 Tbsp. cider or apple juice
- 2 tsp. finely shredded orange peel
- ½ tsp. ground cardamom
- 4 hoagie buns
- German-style or sweet-hot mustard
- Kosher-style pickles (optional)

In a medium saucepan heat bee till simmering. With a fork, pierc each sausage 2 or 3 times. Plac sausages in beer; simmer them uncovered, about 10 minutes or til heated through.

Meanwhile, in a medium sauce pan combine sauerkraut, apple cide or juice, orange peel, and cardamom Heat through.

Split buns, cutting to within ½ inch of edge; toast under broiler, i desired. Spread bottom half wit mustard. Drain sausages; place on in each bun. Divide sauerkrau

continued on page 18

Mousse in minutes.



BEAT

1 1/2 cups cold skim milk and 1 package (4-serving size) JELL-O® Chocolate Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding in large bowl with wire whisk 1 minute.

STIR

in 2 cups thawed COOL WHIP LITE® Whipped Topping. Spoon into 6 dessert dishes.

REFRIGERATE

until ready to serve. Garnish as desired.





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continued from page 178

mixture among buns. If desired, serve with pickles. Makes 4 servings.

Nutrition facts per serving: 517 cal., 13 g total fat (4 g sat. fat), 19 mg chol., 1,749 mg sodium, 82 g carbo., 6 g fiber, and 17 g pro. Daily Value: 0% vit. A, 27% vit. C, 9% calcium, and 33% iron.

BOUNDARY WATERS CABBAGE ROLLS

Wild rice, turkey, cranberries, and a can of mushroom soup join our midwestern translation of this treasured old-world classic.

- 1 4½-oz. pkg. long grain and wild rice mix
- 1 medium onion, finely chopped (½ cup)
- 8 large green cabbage leaves
- ½ lb. ground raw turkey
- ⅓ cup dried cranberries or raisins, coarsely chopped
- 1 10¾-oz. can golden mushroom soup or one 12-oz. jar turkey gravy
- ⅓ cup plain low-fat yogurt
- Red onion, sliced (optional)
- Fresh sage (optional)

In a medium saucepan cook rice mix according to package directions, adding the onion with the rice. Cool them completely. Transfer to a large bowl; mix in turkey and the cranberries or raisins. Trim heavy center vein from each cabbage leaf. In a large amount of boiling water cook cabbage leaves, uncovered, for 3 to 5 minutes or till just tender.

Drain well. Set aside. Place about *½ cup* of the filling in the center of a cabbage leaf. Fold over both sides and roll up; secure with a toothpick, if necessary. Repeat with remaining leaves and filling. Place the rolls in a covered storage container and chill for up to 24 hours, if desired. To serve, in a 12-inch skillet thoroughly combine soup or gravy and yogurt. Arrange the cabbage rolls, seam side



Place filling in center of cabbage leaf. Starting at stem end, roll up, folding in the left and right edges of the leaf.

down, in the sauce. Bring to boiling; reduce heat. Cover and cook over low heat for 20 to 25 minutes or till no pink remains in filling. Spoon sauce onto serving plates. Set rolls atop. If desired, garnish with sliced red onion and sage leaves. Makes 8 rolls or 4 servings.

Nutrition facts per serving: 305 cal., 7 g total fat (2 g sat. fat), 23 mg chol., 1,208 mg sodium, 48 g carbo., 5 g fiber, and 15 g pro. Daily Value: 11% vit. A, 48% vit. C, 7% calcium, and 16% iron

SPICE MARKET PASTITSIO

Some call this dish (pronounced pah-STEET-see-o) "the Greek lasagna." Kasseri, a firm Greek cheese, lends a pungent, nutty taste; if unavailable, Parmesan can fill its role.

- 8 oz. corkscrew pasta (3 cups)
- ½ lb. ground lamb or lean ground beef
- 1 14-oz. jar spaghetti sauce with onion and garlic (about 1½ cups)
- 1 tsp. ground cinnamon
- ¼ tsp. fennel seed, crushed
- 1 1.8-oz. envelope white sauce mix
- 1 cup milk
- 2 slightly beaten eggs
- ¼ cup crumbled feta cheese
- ½ tsp. ground nutmeg
- ¼ cup grated Kasseri or Parmesan cheese
- Greek or ripe olives (optional)
- Fresh marjoram (optional)

Cook pasta according to packa directions; drain well. In a medi skillet cook lamb or beef till longer pink. Drain off fat. In a me um mixing bowl combine cook meat, spaghetti sauce, cinnamo and fennel seed. Set aside.

Meanwhile, in a medium saucep combine white sauce mix and mi Cook and stir till thickened and bu bly. Remove from heat. Gradual stir *half* of the sauce into eggs; retu all to saucepan. Stir in feta chee and nutmeg.

To assemble, layer *half* of the pas in a lightly greased 2-quart squa baking dish. Spread meat mixtu over pasta; top with remaining past Evenly spread the white sauce mi ture atop. Sprinkle with Kasseri Parmesan cheese. Bake, uncovere in a 350° oven about 35 minutes till set. Let stand for 10 minutes. T serve, cut into squares. If desire garnish servings with olives and fres marjoram. Makes 6 servings.

Make-ahead directions: Assembl casserole as above, but do not bake Seal, label, and freeze for up to months. To serve, unwrap the bakin dish. Bake, covered, in a 350° ove for 1½ to 1¾ hours or till casserole i heated through.

Nutrition facts per serving: 417 cal. 16 g total fat (6 g sat. fat), 112 mg chol., 848 mg sodium, 46 g carbo., g fiber, and 20 g pro. Daily Value 20% vit. A, 5% vit. C, 21% calcium and 20% iron.

ROOT CELLAR BOUILLABAISSE

Thrifty French housewives invented this one-dish meal to use up bits and pieces of the catch of the day, but we take credit for the sweet potatoes, an all-American touch.

- ¾ lb. fresh or frozen firm white-fleshed fish, such as cod, haddock, grouper, or snapper
- 4 oz. fresh or frozen peeled and deveined shrimp with tails
- 8 frozen, cleaned baby clams and/or frozen mussels in shells

continued on page 182

Nestlé Prepared Food Company



Family Size

"Stouffer's





lets me feed my family a great homemade-tasting lasagna that I couldn't cook better myself."

Anne Warner, Moraga, California



Stouffer's Lasagnas are made with our own homemade pasta, real cheeses and flavorful herb tomato sauce. It's the quality you expect from Stouffer's.



Stouffer's

Nothing Comes Closer to Home.™

Five minutes from start to oven.

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Campbell's® One Dish Chicken and Rice Bake.

Find the recipe on cans of Campbell's Cream of Mushroom Soup.

continued from page 180

- 2 medium onions, sliced and separated into rings
- 1 tsp. bottled minced garlic
- 2 Tbsp. olive oil
- 2 cups chicken broth or clam juice
- 1 cup dry white wine or chicken broth
- 1 14½-oz. can stewed tomatoes, cut up
- 1 tsp. finely shredded orange peel
- 1 tsp. dried thyme, crushed
- 1 tsp. fennel seed
- ½ tsp. salt
- ½ tsp. pepper
- ⅛ tsp. ground saffron (optional)
- 1 17-oz. can sweet potatoes, drained and cut up
- 6 slices French bread, toasted (optional)

Thaw seafood, if frozen. Cut fish into 1½-inch pieces. In a large saucepan or Dutch oven cook onions and garlic in hot oil over medium heat about 3 minutes or just till tender, stirring frequently. Add broth, wine, *undrained* tomatoes, orange peel, thyme, fennel, salt, pepper, and saffron, if desired.

Bring to boiling; add the fish, clams and/or mussels, and shrimp. Return to boiling; reduce heat. Simmer the soup mixture, covered, for 3 to 5 minutes. Add the sweet potatoes; heat through, stirring gently to avoid breaking up the potatoes and the fish.

To serve, remove and discard any clams or mussels that have not opened. If desired, place a slice of toasted French bread in each of 6 large soup bowls. Ladle the bouillabaisse into the bowls. Makes 6 main-dish servings.

Nutrition facts per serving: 334 cal., 7 g total fat (1 g sat. fat), 61 mg chol., 889 mg sodium, 40 g carbo., 3 g fiber, and 22 g pro. Daily Value: 72% vit. A, 62% vit. C, 8% calcium, and 48% iron.

BORSCHT FOR BUSY PEOPLE

This chill-banishing soup took the grandmothers of Russia hours to prepare. Ours is ready almost as fast as you can set the table, thanks to canned broth and veggies and coleslaw mix.

- 6 cups packaged shredded cabbage with carrot (coleslaw mix)
- 1 cup vegetable or beef broth
- 1 15-oz. can great northern beans, rinsed and drained
- 1 14½-oz. can tomatoes, cut up
- 1 14½-oz. can sliced beets
- 1 8-oz. can tomato sauce
- 1 large onion, sliced and separated into rings
- ¼ cup sugar
- 2 Tbsp. vinegar
- ¼ tsp. pepper
- ¼ tsp. dillweed (optional)
- 6 Tbsp. light dairy sour cream (optional)
- 6 sprigs fresh dill (optional)

In a 4-quart Dutch oven combine cabbage with carrot, vegetable or beef broth, beans, *undrained* tomatoes, *undrained* beets, tomato sauce, onion, sugar, vinegar, pepper, and dillweed, if desired. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Serve in soup bowls. Garnish with sour cream and dill, if desired. Makes 6 main-dish servings.

Nutrition facts per serving: 195 cal., 2 g total fat (1 g sat. fat), 2 mg chol., 758 mg sodium, 41 g carbo., 6 g fiber, and 9 g pro. Daily Value: 36% vit. A, 95% vit. C, 11% calcium, and 19% iron.

SALMON IN GOOD COMPANY

Japanese buckwheat (soba) noodles, found among Asian foods in supermarkets, add a subtle earthy flavor. Substitute whole wheat noodles if you wish.

- 1¼ lb. fresh or frozen skinless salmon fillet, about 1 inch thick
- ¼ cup olive oil

continued on page 186

Campbell's®

ONE DISH WONDER



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Cream of Mushroom SOUP

any cream variety

It's as easy as one, two.

NEW Campbell's One Dish Chicken & Rice Bake

Prep Time: 5 min. Cook Time: 45 min.

- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1 cup water
- 3/4 cup uncooked regular long-grain rice
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 4 skinless, boneless chicken breast halves

1. In 2-qt. shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper.
2. Cover. Bake at 375°F. for 45 min. or until done. Serves 4.

continued from page 180

- 2 medium onions, sliced and separated into rings
- 1 tsp. bottled minced garlic
- 2 Tbsp. olive oil
- 2 cups chicken broth or clam juice
- 1 cup dry white wine or chicken broth
- 1 14½-oz. can stewed tomatoes, cut up
- 1 tsp. finely shredded orange peel
- 1 tsp. dried thyme, crushed
- 1 tsp. fennel seed
- ½ tsp. salt
- ½ tsp. pepper
- ⅛ tsp. ground saffron (optional)
- 1 17-oz. can sweet potatoes, drained and cut up
- 6 slices French bread, toasted (optional)

Thaw seafood, if frozen. Cut fish into 1½-inch pieces. In a large saucepan or Dutch oven cook onions and garlic in hot oil over medium heat about 3 minutes or just till tender, stirring frequently. Add broth, wine, *undrained* tomatoes, orange peel, thyme, fennel, salt, pepper, and saffron, if desired.

BORSCHT FOR BUSY PEOPLE

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- 6 cups packaged shredded cabbage with carrot (coleslaw mix)
- 1 cup vegetable or beef broth
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- 1 14½-oz. can tomatoes, cut up
- 1 14½-oz. can sliced beets
- 1 8-oz. can tomato sauce
- 1 large onion, sliced and separated into rings
- ¼ cup sugar
- 2 Tbsp. vinegar
- ¼ tsp. pepper
- ¼ tsp. dillweed (optional)
- 6 Tbsp. light dairy sour cream (optional)
- 6 sprigs fresh dill (optional)

In a 4-quart Dutch oven combine cabbage with carrot, vegetable or beef broth, beans, *undrained* tomatoes, *undrained* beets, tomato sauce, onion, sugar, vinegar, pepper, and dillweed, if desired. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Serve in soup bowls.

Five minutes from start to oven.

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Campbell's Makes Everything M'm! M'm! Better.™

NEW Campbell's One Dish Chicken & Rice Bake



Free Recipes: For more great recipes, send a self-addressed stamped envelope to: Souper Recipes P.O. Box 8409-D, St. Cloud, MN 56308-8409 while supplies last.

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Campbell's

ONE DISH WONDER



It's as easy as one, two.



Combine.



Bake.



NEW Campbell's One Dish Chicken & Rice Bake

Prep Time: 5 min. Cook Time: 45 min.

- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1 cup water
- 3/4 cup uncooked regular long-grain rice
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 4 skinless, boneless chicken breast halves

1. In 2-qt. shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper.
2. Cover. Bake at 375°F. for 45 min. or until done. Serves 4.

Campbell's Makes Everything *Mm! Mm!* Better.™

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continued from page 182

- ¼ cup balsamic vinegar
- 1 Tbsp. cracked black pepper
- ½ lb. buckwheat (soba) noodles or whole wheat noodles
- ⅓ cup orange juice
- 2 oranges, peeled, sectioned, and chopped
- 1 clove garlic, minced
- ¼ cup chopped red onion and/or sliced green onion
- 2 tsp. aniseed, crushed
- Fresh fennel tips (optional)

Thaw fish, if frozen. In a 2-quart baking dish combine *1 tablespoon* of the olive oil, *1 tablespoon* of the balsamic vinegar, and the cracked pepper. Place fish in the mixture; turn to coat both sides. Marinate at room temperature for 10 minutes.

Place the fish on the unheated rack of a broiler pan; broil 4 inches from the heat for 4 to 6 minutes per ½-inch thickness of fish or just till fish flakes easily when tested with a fork. Turn fish after half of broiling time.

Meanwhile, in a large saucepan cook buckwheat noodles about 4 minutes or whole wheat noodles 8 to 10 minutes, or till just slightly chewy. Drain; place in a large bowl. Add remaining olive oil, balsamic vinegar, orange juice, orange segments, garlic, onion, and crushed aniseed; toss to coat. Divide noodle mixture among 4 dinner plates. Top each serving with a piece of salmon. If desired, garnish each serving with a fresh fennel tip. Makes 4 servings.

Nutrition facts per serving: 372 cal., 6 g total fat (1 g sat. fat), 25 mg chol., 538 mg sodium, 54 g carbo., 2 g fiber, and 29 g pro. Daily Value: 3% vit. A, 51% vit. C, 5% calcium, 25% iron. ⌂



The sweetness of oranges and the tangy, mellow flavor of balsamic vinegar prove natural companions for mild fish such as salmon.

nutrition information

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

NUTRITION FACTS WITH EVERY RECIPE

With each recipe, we give important nutrition facts. You'll find the calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein. You can also check the levels of each recipe serving for vitamins A and C, calcium and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration.

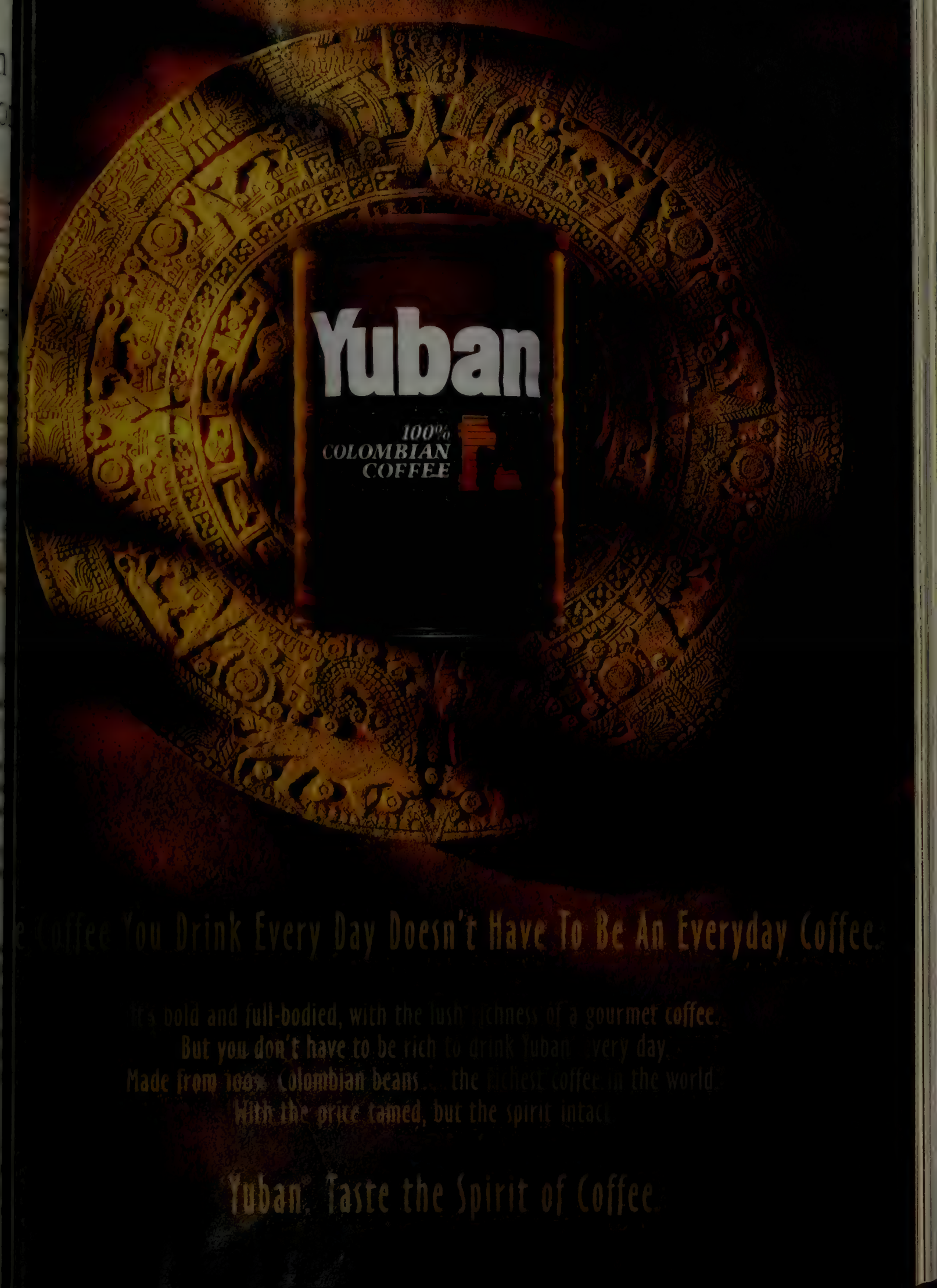
HOW WE ANALYZE

- The analysis does not include optional ingredients.
- We use the first serving size listed when a range is given (such as "makes 4 to 6 servings").
- When ingredient choices appear in a recipe (such as "margarine or butter"), we use the first one mentioned for analysis.
- When milk is an ingredient in a recipe, the analysis is calculated using two-percent milk.

WHAT YOU NEED

The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive to eat each day. There's no real harm in going over or under these guidelines in any single day, but it's a good idea to aim for a balanced diet over time.

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams ⌂



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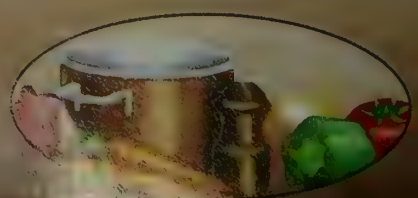


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by Julia Malloy

Candied Ginger in a Snap



The Victorians served crystallized ginger as candy, but today the sugarcoated snips of flavor are also at home on your spice rack. Try our homemade version in our cookie recipe.

CANDIED GINGER

- 1 cup peeled, finely chopped gingerroot
- 1⅓ cups granulated sugar
- ⅓ cup water
- 2 Tbsp. granulated sugar

In a 1½-quart saucepan combine gingerroot and enough water to cover; bring to boiling. Reduce heat; cover and simmer for 15 minutes.

Drain the ginger through a wire strainer. Discard cooking liquid; set the ginger aside.

In the same saucepan combine the 1⅓ cups sugar and ⅓ cup water. Bring to boiling, stirring constantly to dissolve the sugar. Add the gingerroot. Return to boiling; reduce heat and cook, uncovered, over medium-low heat for 20 minutes, stirring occasionally. (The mixture should boil at a moderate, steady rate over the entire surface.)

Drain ginger through a wire strainer into a bowl; discard syrup. Spread ginger in a single layer on waxed paper. Let stand 5 minutes or till cool enough to handle. Add ginger to plastic bag with 2 tablespoons sugar; shake to coat. Spread on clean waxed paper. Dry on the paper for 1 to 2 hours. Cover tightly and store for up to 1 week in the refrigerator or up to 6 months in the freezer. Makes about ⅔ cup.

GINGER COOKIES

Enjoy these treats plain or topped with a glaze or powdered sugar.

- 1⅓ cups all-purpose flour
- ½ tsp. cream of tartar
- ½ tsp. ground ginger
- ¼ tsp. baking soda
- ⅛ tsp. salt
- ½ cup butter, softened
- ⅓ cup sugar
- ⅓ cup packed brown sugar
- 1 egg
- ½ tsp. vanilla
- ¼ cup finely chopped homemade or purchased candied ginger

In a medium mixing bowl stir together flour, cream of tartar, ground ginger, baking soda, and salt; set aside. In a large mixing bowl combine butter and sugars; beat with an electric mixer on medium to high speed till fluffy. Add egg and vanilla; beat on medium speed till combined. Beat in as much of the flour mixture as you can. Stir in any remaining flour mixture and the candied ginger. Cover and chill the dough about 1 hour or till easy to handle.

With lightly floured hands, shape the chilled dough into 1½-inch balls. Place balls at least 3 inches apart on an ungreased cookie sheet. If desired, flatten with the bottom of a glass dipped into sugar. (The cookies will spread more during baking.)

Bake in a 375° oven for 8 to 10 minutes or till cookies are pale gold and edges are firm. Remove cookies from cookie sheet; cool completely on a wire rack. If desired, drizzle with glaze or sprinkle with powdered sugar. Makes about 36 cookies.

Nutrition facts per cookie: 56 cal., 3 g total fat (2 g sat. fat), 13 mg chol., 44 mg sodium, 7 g carbo., 0 g fiber, 1 g pro. Daily Values: 2% vit. A, 0% vit. C, 0% calcium, and 1% iron.


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by Carla Waldemar

Hotter Than Hot: Chocolate



Bean there, done that. Designer coffees introduced us to pleasures beyond mere diner java. Now folks in the vanguard are adding hot chocolate to their repertoire when it's time to relax.

AFTER-DINNER CHOCOLATE

True chocoholics will want to use bittersweet chocolate, which carries a more pronounced flavor than semisweet.

- 2 cups water
- 4 oz. bittersweet or semisweet chocolate, chopped
- 3 Tbsp. Grand Marnier or amaretto, or 4 tsp. vanilla
- ¼ cup whipping cream
- Finely shredded orange peel (optional)

In a small saucepan combine water and chocolate; cook and stir just till boiling. Remove from heat; stir in liqueur. In a small chilled mixing bowl beat cream with an electric mixer on low to medium speed till soft peaks form (tips curl). Top each serving of cocoa with whipped cream; sprinkle with orange peel, if desired. Makes 4 (4-ounce) servings.

Nutrition facts per serving: 214 cal., 14 g total fat (9 g sat. fat), 20 mg chol., 10 mg sodium, 21 g carbo., 2 g fiber, and 2 g pro.

MOCHA JAVA

Coffee and chocolate often are served side by side. This elegant drink combines them in a single, satisfying cup.

- 1 cup strong coffee
- 2 Tbsp. semisweet chocolate pieces
- 1 Tbsp. sugar
- ¼ cup half-and-half or light cream

In a small saucepan combine coffee, chocolate pieces, and sugar. Cook and stir over medium heat for 2 to 3 minutes or till chocolate is melted and sugar is dissolved.

In another small saucepan heat half-and-half or light cream till steaming, stirring occasionally. Pour coffee mixture into a mug. Add warm half-and-half. If desired, stir in additional sugar to taste. Makes 1 (12-ounce) serving.

Nutrition facts per serving: 165 cal., 9 g total fat (4 g sat. fat), 22 mg chol., 30 mg sodium, 21 g carbo., 0 g fiber, and 2 g pro.

COCOA CARIBE

Cocoa powder offers more concentrated chocolate taste than baking chocolate—and it's lower in fat and calories.

- 1 Tbsp. sugar
- 1 Tbsp. unsweetened cocoa powder
- 1 Tbsp. water
- 1 cup milk
- ⅛ tsp. ground cinnamon
- Several dashes ground cardamom
- Cinnamon stick (optional)

In a small saucepan combine sugar, cocoa powder, and water. Cook and stir over medium heat till sugar is dissolved. Reduce heat. Stir in milk, ground cinnamon, and cardamom; heat through. With a whisk, beat till frothy. Pour into a mug. If desired, serve with a cinnamon stick. Makes 1 (8-ounce) serving.

Nutrition facts per serving: 193 cal., 5 g total fat (3 g sat. fat), 18 mg chol., 123 mg sodium, 27 g carbo., 0 g fiber, and 9 g pro. ♦



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Quick Fixes For Mixes

Serving a home-cooked meal doesn't always mean starting from scratch. Tweaking a packaged food and combining it with other ingredients creates a new family favorite. Try these convenient combos the next time dinner has to be on the double.

SWEET-AND-SOUR FISH

Does Caribbean cuisine sound good tonight? No problem. Your at-home island adventure starts with sweet-and-sour sauce that's simmered with pineapple chunks and sweet pepper strips. Serve it over broiled fish or chicken.

BARBECUE PIZZA

Corral your family for a pizza that's faster than takeout. Slather equal amounts of salsa catsup and barbecue sauce onto a baked pizza crust. Round up your favorite pizza toppings, additional sauce, and shredded cheese. Bake in a 425° oven about 5 minutes or till the cheese melts and bubbles.

CITRUS CHICKEN MARINARA

Even a favorite pasta sauce benefits from a taste twist now and then. Heat together marinara pasta sauce, finely shredded orange peel, a splash of orange juice, and a dash of ground red pepper. Serve with sautéed chicken breasts, hot cooked pasta, and grated Parmesan cheese.

HAM JAMBALAYA

Rice goes spicy in this Cajun-style dinner. In a medium skillet heat a 10-ounce can of tomatoes with green chili peppers, a cup of uncooked rice, and ½ cup water. When the mixture boils, turn down the heat and turn up the flavor, stirring in some cubed fully cooked ham and enough chili powder to suit your taste. Cover and simmer till the liquid is absorbed. Stir before serving to fluff the cooked rice.

BEEF AND CURLY NOODLES

This fast fix-up uses your noodle—Oriental noodles, that is. In a large skillet brown a pound of ground meat. Drain and stir in an undrained 14-ounce can of stewed tomatoes, an undrained small can of whole kernel corn, and a 3-ounce package of Oriental noodles with pork flavor. (Break up the noodles, if you like.) Cover and simmer about 10 minutes or till the noodles are tender and the liquid is absorbed.

PORK CHOPS WITH APPLE PILAF

An apple a day goes a long way in this fix-and-forget combo. In a 3-quart casserole combine a 6-ounce package of long grain and wild rice mix, a can of sliced apples, a splash of vinegar, and a cup of water. Top with browned ¾-inch-thick pork chops. Bake, covered, in a 350° oven for 45 to 50 minutes or till tender.

LEAN POCKETS.
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Less than 8 grams of fat.

1 Slice of Frozen
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8 grams of fat.



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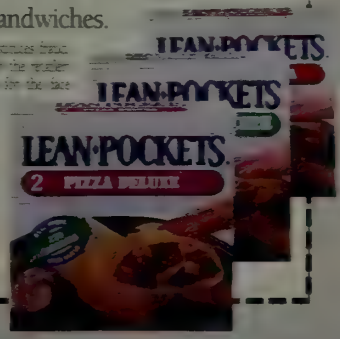
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** Lower fat than an average Hot Pockets brand stuffed sandwich

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Tastes of Cuba



A new wave of flavors is rolling in from Havana and Miami. Lush with sweet citrus, sour limes, and zesty spices, yet less fiery than Mexican fare, Cuban cooking is catching on. Say olé to the sunny flavors of marinated pork roast, served with a lively meld of beans and rice.

PORK ROAST CUBANO

Add a relish of guacamole flavored with pineapple, the Cuban way.

- 1 3-lb. boneless pork shoulder roast, rolled and tied
- ⅓ cup frozen orange juice concentrate, thawed
- 2 tsp. finely shredded lime peel
- ⅓ cup lime juice
- 2 Tbsp. cooking oil
- 4 cloves garlic, minced
- 1 Tbsp. dried oregano, crushed

Unroll roast; butterfly it by making a lengthwise cut almost through the roast, then spreading it out to lie flat. Pierce meat on all sides with the tines of a fork.

For marinade, combine orange juice concentrate, lime peel, lime juice, oil, garlic, oregano, 1 teaspoon *pepper,* and ¼ teaspoon *salt.*

Place meat in a plastic bag in a shallow dish. Pour marinade over the meat, coating all surfaces. Seal bag and refrigerate meat and marinade for 4 hours or overnight, turning meat and bag once.

Remove the meat from the bag, reserving the marinade. Reroll and tie the roast; place on a rack in a roasting pan. Insert a meat thermometer. Roast, uncovered, in 325° oven for 2¾ to 3½ hours or till the meat thermometer registers 165°, basting frequently with reserved marinade during the first 2 hours of cooking time.

Remove from oven. Let roast stand for 10 minutes before slicing. Makes 10 servings.

Nutrition facts per serving: 257 cal., 16 g total fat (5 g sat. fat), 89 mg chol., 98 mg sodium, 3 g carbo., 0 g fiber, and 24 g pro.

BLACK AND WHITES

In a saucepan cook ½ cup choppe onion, ½ cup chopped sweet gree pepper, 2 cloves minced garlic, 2 tea spoons ground cumin, 1 teaspoo chili powder, and ½ teaspoon salt i 1 tablespoon hot oil for 2 minutes Slowly add 2½ cups water; bring t boiling. Stir in 1 cup rice.

Transfer to a 2-quart casserole Cover; bake in a 325° oven 30 min utes. Pour 2 rinsed and drained 15 ounce cans black beans over rice. D not stir. Return to the oven. Cover bake 5 to 10 minutes more or till ric is tender and liquid is absorbed Gently stir in beans. Garnish wit chopped tomato and sliced gree onion. Makes 10 side-dish servings.

Nutrition facts per serving: 142 cal. 2 g total fat (0 g sat. fat), 0 mg chol. 323 mg sodium, 28 g carbo., 4 g fiber, and 7 g pro.



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To get this tasty lamb recipe, plus seven other flavorful lamb meals, from stew and stir fry to roasts, pick up the *free* cookbooklet featured on the opposite page. It's filled with the decade's best lamb recipes put together by the *Better Homes and Gardens*® Test Kitchen & Fresh American Lamb.



#1

Sante Fe Lamb with Spicy Black Beans

Lean, yet flavorful, perfect for the way you eat today. Ready in just minutes, this zesty dish is sure to become a fast favorite.

FRESH AMERICA Lam

Pot O' Gold



PHOTOGRAPH: SCOTT LITTLE

Orange is to marmalade what maple is to syrup. Yet it's fun to add new romance to long-term relationships. In our reinvented marmalade, orange is still the foundation, but this time carrots and lemon join the party. The carrots add a health bonus because they're rich in beta-carotene. So, slather a flavorful spoonful of health on your breakfast toast or as a filling for spice layer cakes.

CARROT-CITRUS MARMALADE

Make this sensational breakfast spread from fresh produce even in the deep of winter.

- ½ lemon
- ½ orange
- 2 cups coarsely shredded carrots (about ½ lb.)
- 1¼ cups sugar
- ½ cup water
- 1½ tsp. grated fresh gingerroot or ½ tsp. ground ginger
- ½ tsp. ground cinnamon

Remove end from lemon; discard. Remove center core from lemon and orange halves; discard. Cut each half into 4 lengthwise wedges; remove any seeds. Do not peel.

In a 3-quart saucepan combine lemon and orange wedges, carrots, sugar, and water. Bring to boiling, stirring to dissolve sugar. Reduce heat; simmer, uncovered, about 15 minutes or till mixture begins to thicken, stirring occasionally.

Remove from heat; cool slightly. Transfer carrot mixture to a food processor bowl. Cover and process till almost smooth.

Return carrot mixture to saucepan; add ginger and cinnamon. Simmer, uncovered, about 5 minutes or till mixture becomes very thick, stirring frequently.

Ladle at once into 2 hot, sterilized half-pint jars, leaving ¼-inch headspace. Adjust lids. Store in the refrigerator for up to 2 weeks. For longer storage, process in a boiling water bath for 15 minutes (start timing after water boils). Makes about 2 half-pints.

Nutrition facts per tablespoon: 41 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 7 mg sodium, 11 g carbo., 0 g fiber, 0 g pro. Daily Value: 24% vit. A, 4% vit. C, 0% calcium, 0% iron.

The best lamb recipes for the '90s.







#5

How to get *The Best Lamb Recipes for the '90s* from *Better Homes and Gardens*® & Fresh American Lamb:



To get these recipes, along with 4 other savory lamb meals, pick up the free cookbooklet at your local supermarket. Then prepare to enjoy!

Or send a self-addressed stamped envelope to: '90s Recipes • P.O. Box 3815 • Englewood, CO 80155-3815

by Joy Taylor

Brunch Is Served



A weekend brunch with friends or family is a gathering worth remembering. But the memories won't be good ones if you're frantically cooking in the wee morning hours. Our make-ahead ham-and-egg casserole gives you plenty of time to relax before your revelers arrive.

FARMER'S CASSEROLE

Layer the ingredients in a baking dish the night before, then cover and refrigerate. In the morning, pop the casserole into the oven about an hour before serving.

- 3 cups frozen shredded hash brown potatoes
- ¾ cup shredded Monterey Jack cheese with jalapeño peppers or shredded cheddar cheese (3 oz.)
- 1 cup diced fully cooked ham or Canadian bacon
- ¼ cup sliced green onion
- 4 beaten eggs or 1 cup frozen egg product*
- 1 12-oz. can evaporated milk or evaporated skim milk* (1½ cups)
- ¼ tsp. pepper
- ⅛ tsp. salt

Grease a 2-quart square baking dish. Arrange potatoes evenly in the bottom of the dish. Sprinkle with cheese, ham, and green onion.

In a medium mixing bowl combine eggs, milk, pepper, and salt. Pour egg mixture over potato mixture in dish. (The dish may be covered and refrigerated at this point for several hours or overnight.) Bake, uncovered, in a 350° oven for 40 to 45 minutes (or 55 to 60 minutes if made ahead and chilled) or till cente appears set. Let stand 5 minute before serving. Makes 6 servings.

Nutrition facts per serving: 297 cal. 18 g total fat (9 g sat. fat), 183 m chol., 516 mg sodium, 18 g carbo., g fiber, and 18 g pro. Daily Value 15% vit. A, 15% vit. C, 23% calci um, and 11% iron.

**Note:* Save 50 calories, 6 gram fat, and 150 milligrams cholesterc per serving by using evaporated skin milk and frozen egg product.

Menu suggestion: Serve with melo wedges, strawberries, and orange sec tions. For a refreshing sipper, stir couple of teaspoons of grenadine syru into each glass of orange juice.


Uh-Oh! Mom's Working Late.
Chicken & Cheddar Grill
Cheddar or American cheese (sliced or shredded)
French or Italian bread sliced in half lengthwise
Chunky salsa
Sliced cooked chicken breast
Layer bread halves with cheese, chicken, salsa, and additional cheese. Place on cookie sheet. Bake in preheated 350° F oven 8-10 minutes or until cheese is melted
For more quick cheese ideas write: Cheese, P.O. Box 2304 Libertyville, IL 60092
Cheese To the Rescue!SM
© 1996 America's Dairy Farmers™

by Carla Waldemar

Relishing Mustards



Choices were narrower in the "good old days." Henry Ford decreed you could buy his Model T in any color you desired, as long as it was black. And you could slather mustard galore on that ballpark hot dog, as long as the spread was mild and yellow.

It's a whole new ball game now. Mustards in a multitude of hues and flavors are perking up shelves of fancy food shops—often bearing fancy price tags, too. But creating your own repertoire of mustards is an easy skill to master. And you'll save money—bank on it.

GO WITH THE GOLD

Mustard weighs in at healthful 15 calories per tablespoon and carries none of the fat of butter and mayonnaise. Its most popular use is to liven sandwiches—but you knew that. Add it also to soups, vinaigrettes, dips, and marinades. These tips can help you "cut the mustard."

- For full flavor without the spiciness, cook mustard dishes at higher heat and for a longer time than called for.
- Mustard will retain its bold character if it is added near the end of preparation and if the cooking temperature is kept to a simmer.
- Homemade mustards can be stored in the refrigerator for up to one year, though taste will gradually diminish.

MUSTARD 101

For added zest, paint this mustard onto meats before broiling or grilling.

- ⅓ cup dry mustard
- ¼ cup packed brown sugar
- 3 Tbsp. white wine vinegar

Stir together all ingredients till smooth. Transfer to a clean jar. Store, covered, in the refrigerator for 2 weeks to mellow flavors. Use within one year. Makes ½ cup.

Nutrition facts per tablespoon: 34 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 6 g carbo., 0 g fiber, and 1 g pro.

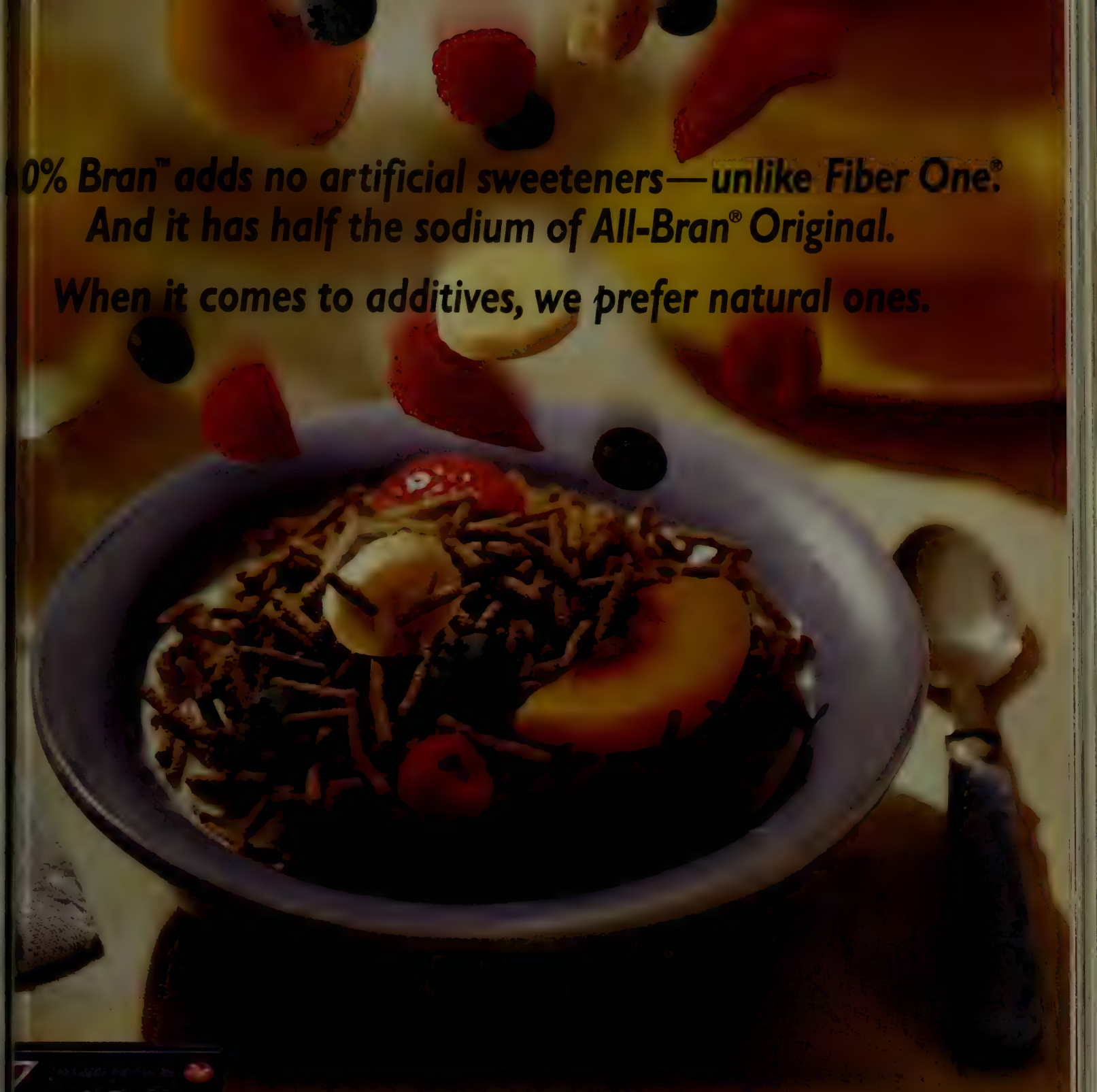
HONEY DIJON-STYLE MUSTARD

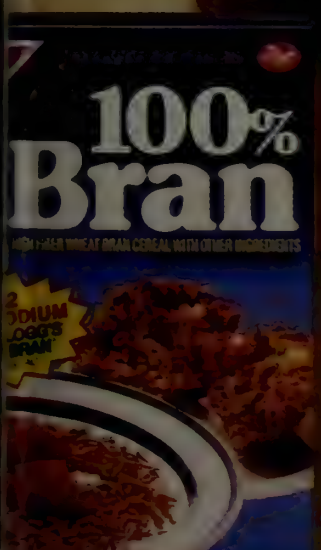
Try this stirred into vinaigrettes.

- ½ cup honey
- ⅓ cup mustard seed
- ⅓ cup white wine vinegar
- ¼ cup dry mustard
- ½ tsp. dried thyme, crushed
- ½ tsp. dried tarragon, crushed
- 2 cloves garlic, chopped

In a blender container combine all ingredients. Cover and process about 2 minutes or till seeds are ground. Transfer to a clean jar. Store, covered, in the refrigerator for 2 weeks to mellow flavors. Use within one year. Makes about 1 cup.

Nutrition facts per tablespoon: 5 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 10 g carbo., 0 g fiber, and 1 g pro.





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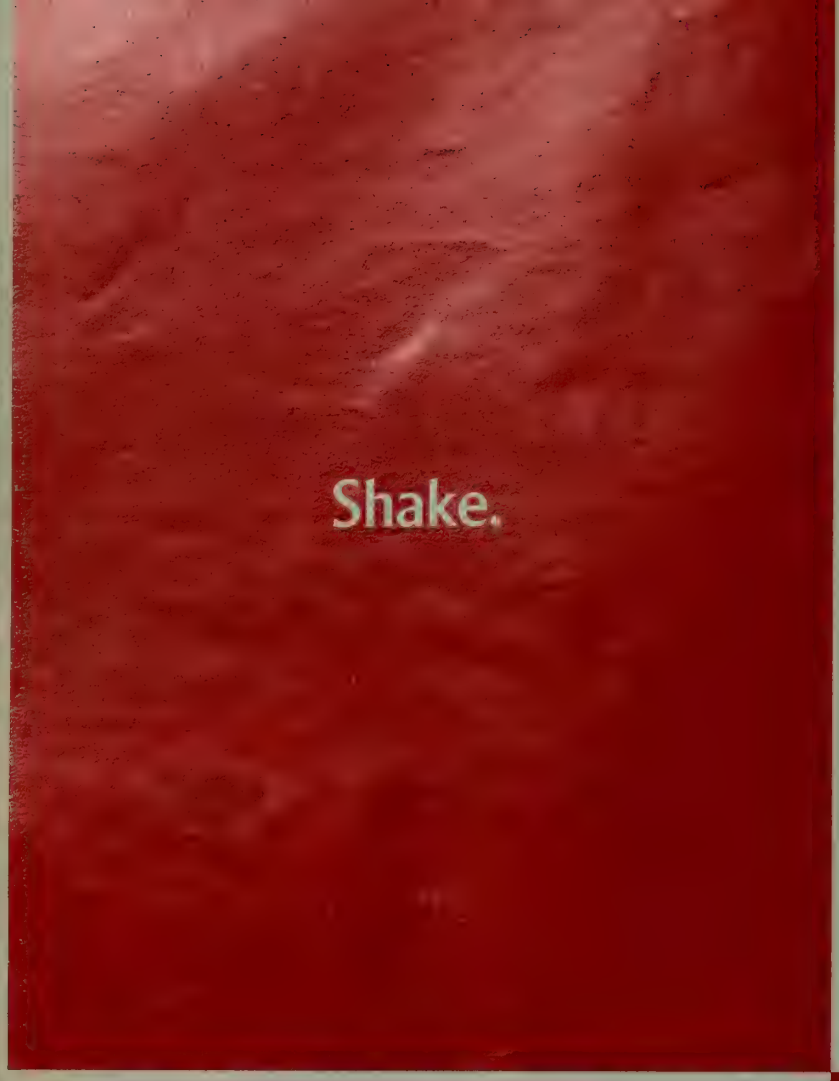
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or young mushrooms often have a closed veil, meanin the membrane between the stem and cap is stil attached. Open-veiled mushrooms are more mature softer, and often more flavorful. Avoid bruised, spotted or slimy mushrooms.

STORING FRESH MUSHROOMS

Store fresh mushrooms in the refrigerator crisper draw er. Keep them unwashed, in paper or damp cloth bags which allow them to breathe and stay fresh longer Plastic bags restrict airflow and cause deterioration.

CLEANING AND CUTTING

Wipe fresh mushrooms with a clean, damp cloth o mushroom brush before using. Or, rinse them lightly then gently dry with paper towels. Never soak fresh mushrooms; it ruins their texture.

Small or medium mushrooms are best in salads soups, sauces, pizzas, pastas, and casseroles. Large mushrooms make caps for stuffing, broiling, or grilling

To trim button mushrooms, slice ¼ inch from the stem. An egg slicer works well for slicing.

Expect one pound of fresh uncooked mushrooms to measure about 6 cups sliced or 4 cups chopped. When cooked, a pound of sliced fresh mushrooms will equa about 2 cups.

FOOD

Baby Those Buttons

For a shy, rather plain-looking little fellow who prefers the gloom and hates bathing, the lowly button mushroom has quite a few friends in high places. In fact, wealthy Romans in Caesar's time prized the fungi so mightily, they decreed who could eat them. Today, mushrooms know no such limits. Cooks all over the world can savor the sponginess of these tender, meaty morsels. However, they know the thin skin of these bashful buttons bruises easily. Mushrooms crave tender care during storing and cooking.

MUSHROOM HUNTING

The best button mushrooms are firm and plump. Some have an off-white or creamy color; others may be brown. Size is a matter of preference, not quality. Small



There.



BUYING AND STORING

You'll know a cheese is genuine Parmigiana-Reggiano if it carries the oval seal of the Parma-Reggio region. The words Parmigiana-Reggiano and the month and year the cheese was made should be stamped on the rind. Parmesan peaks at two years, so think twice about buying cheese aged longer. The age affects the color, which may vary from pale cream to straw yellow. The color within a wedge should be uniform. The surface should be smooth and dry, not oily.

Keeping Parmesan on hand makes sense because it stores so well. Tightly sealed in plastic wrap and kept in a cool, dry place, Parmesan will stay fresh for up to four weeks. You can freeze small amounts (up to 1 pound), but the texture and flavor will change. Thaw it in the refrigerator before using.

SHAVING, SHREDDING, OR GRATING

Shave, shred, or grate Parmesan shortly before serving and use it as a topper for pasta, risotto, casseroles, vegetable or bean soups, salads, and cooked vegetables. Or, sprinkle a little Parmesan onto polenta or sliced bread and broil for a minute or two. When you pop a few shavings of Parmesan into your mouth, expect a slightly tangy, nutty taste. Parmigiana-Reggiano should not be salty, sharp, bitter, or excessively tart.

FOOD

Parmesan: The Grate One

Any way it's shredded, shaved, grated, cut, or crumbled, true Parmesan cheese arouses the Italian in pastas, pizzas, breads, and soups. The genuine Parmesan cheese, called Parmigiana-Reggiano (Pahr-muh-ZHAH-nah Rej-JYAH-noh) in Italian, may cost more than other grated cheeses, but the extra pennies are worth a bundle in flavor. Why is it so special? Only one region in northeast Italy has the right combination of ingredients—the cows, the grass, and the precise cheesemaking techniques—to produce this cheese. Hard cheeses made elsewhere may grate like the original, but they cannot be labeled Parmigiana-Reggiano, although they may be called Parmesan. These hard cheeses, including the kind you may shake over your spaghetti, do not have the same nutty flavor or texture of the Italian cheese.

You just made dinner.





*WHEN PART OF LOW-FAT, HIGH-FIBER DIETS RICH IN FRUITS AND VEGETABLES. ©STATE OF FLORIDA, DEPARTMENT OF CITRUS, 1996

AFTER READING HOW RESEARCH HAS FOUND THAT CERTAIN NUTRIENTS LIKE THOSE IN 100% PURE FLORIDA ORANGE JUICE MAY HELP PREVENT SOME TYPES OF CANCER*, MR. JOHNSON, KNOWN FOR HIS FRUGALITY, FINALLY RELENTED TO HIS EMPLOYEES' DEMANDS AND IMPROVED THE COMPANY'S HEALTH PLAN.

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How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Send us recipes that fit the two recipe categories. Then, seven months later, we'll feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Meatless Main Dishes: Pair pasta or grains with any assortment of beans, yogurt, nuts, cheese, and crunchy vegetables, and you'll have a dish hearty enough for a meal. Send in your ideas to see if we miss the meat.

Favorite Bar Cookies: Fudgy brownies, fruit-oat squares, and butterscotch chippers are just a few of the ideas behind bars. Jot down your favorite bar cookie recipe and pass it along for our jury to begin deliberations.

THIS MONTH'S WINNERS—pages 219 and 220

All winners received a BRAUN Multimix Handmixer.

$200 Winners
Millie Hawkins, Colorado Springs, Colo.; Joanne Seck, Bucyrus, Kan.

$100 Winners
Margaret A. Bollhorst, Severna Park, Md.; Elizabeth B. Gallucci, Poughquag, N.Y.

Honor Roll
Dorothy E. Bowser, Vineland, N.J.; Norma J. Keleher, Pacific Grove, Calif.; Alison Murray, San Anselmo, Calif; Marlene Steinberg, Marina Del Rey, Calif.; Tamara VanDervort, Toledo, Ohio; Jeanne Walker, Oxnard, Calif.

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name, address, and recipe marked "September Meatless Main Dishes" or "September Favorite Bar Cookies." Specify brands and recipe origin. 3. Address recipes to 9609 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Entries must be received by February 29, 1996. 5. Monthly winners will be selected about 60 days later, then notified by mail. Top winners must sign an affidavit and release. The annual grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and will be notified by mail. 6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law.

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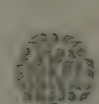
100% PURE FLORIDA ORANGE JUICE IS AN EXCELLENT SOURCE OF VITAMIN C, AND LOW-FAT, HIGH-FIBER DIETS RICH IN FRUITS AND VEGETABLES CONTAINING VITAMINS A AND C MAY REDUCE THE RISK OF SOME TYPES OF CANCER.



100% PURE FLORIDA ORANGE JUICE IS AN EXCELLENT SOURCE OF FOLATE, A MEMBER OF THE B-VITAMIN FAMILY THAT REDUCES THE RISK OF CERTAIN BIRTH DEFECTS WHEN CONSUMED PRIOR TO CONCEPTION AND DURING EARLY PREGNANCY.



100% PURE FLORIDA ORANGE JUICE IS FAT FREE AND CHOLESTEROL FREE. LOW-FAT, LOW-SODIUM DIETS MAY REDUCE THE RISKS OF HEART DISEASE AND HYPERTENSION. NOW SEEMS AN APPROPRIATE TIME TO ASK THE QUESTION ONCE AGAIN: ARE YOU DRINKING ENOUGH?



FLORIDA ORANGE GROWERS

the clever cook™

Each month in this column, you'll find tips from other good cooks. See below to find out how you can earn money for sharing your cooking secrets.

WAFFLE IRON CORN BREAD

When you crave corn bread but don't want to heat your oven, use your waffle iron; it's speedy, and the kids will love the shape.*

Leda Blevins, Batesville, Ark.

**Note:* Our Test Kitchen tested this tip in an 8-inch-square waffle iron at medium heat using a fairly thick batter with equal parts of corn bread mix and milk; a scant cup of batter cooking on one cycle of the waffle iron produced delicious waffle-corn bread results.

RECIPE FINDER

To avoid searching through my cookbook collection for a favorite recipe, I place a blank recipe card in each category of my recipe file box. When I find a recipe my family likes, I jot the source on that card for easy reference.

Beth Garner, Jefferson City, Mo.

NAPKINS MAKE SCENTS

Guests love the aroma of napkins stored in an airtight container with simmering-type potpourri chips or dried flower petals.

Germaine Piper, Arvada, Colo.

CLEAR TAPE SAVES RECIPES

To protect my recipe cards, I "laminate" them by covering the cards with 2-inch-wide transparent mailing tape, available in drug stores and supermarkets.

Stella E. Adolfson, Tavares, Fla.

PRODUCE BAGS AS GLOVES

While shopping for produce, turn plastic produce bags into gloves. Place your hand in the bag, then pick up the fruit or vegetable. Unroll the plastic from your arm to enclose the produce. Your hand never gets wet or dirty. This also protects your hands from drips on meat packages.

Shari Wickstrom, Port Orchard, Wash.

EASY-OUT GELATIN MOLDS

To unmold individual gelatin salads easily, place paper or foil bake cups in a muffin pan and spray them with nonstick spray coating. Fill the cups with the gelatin mixture and chill till set. To remove before serving, peel off the paper.

Doris S. Naudain, Portland, Ore.

TAKE-IT-ALL-OFF ORANGES

Pour boiling water over oranges and let stand for 5 minutes. Drain and peel. The white membrane comes off with the skin.

Bonnie Snodgrass, Point Pleasant, W. Va

FORK UNDER YOUR RECIPE CARDS

To keep your recipe cards upright and clean while cooking, weave them in the tines of a fork and rest the fork in a heavy glass.

Charlotte Bryant, Greensburg, Ky.

EASY MUFFIN TOPPING

To dress up muffins made from a mix, combine ⅓ cup packed brown sugar and ½ teaspoon ground cinnamon. Sprinkle the mixture over the muffin batter just before baking.

Deborah Lakanc, San Diego, Calif.

ON-THE-LEVEL WITH DRY INGREDIENTS

I keep a clean wooden frozen desser stick in my flour canister to level th tops of measuring cups.

Mary Jean Scheuber, Ceres, Calif

PIZZA CUTTER MAKES QUICK WORK OF BISCUITS

Who says biscuits must be round After patting out the dough, I use pizza cutter to cut biscuits int squares or wedges.

Kris Wilson, Cordova, Tenn

ORGANIZING INGREDIENTS SAVES GUESSWORK

When preparing to bake, I place th necessary ingredients on the righ side of the recipe book. As I use th ingredients, I transfer them to th left side of the book. If interrupted, know just which ingredients I hav already added to the mixture.

Emily Clark, San Diego, Calif

FLOWERPOTS FROM DISPOSABLE PANS

I save the disposable pans that com with mixes and dinners and use then to start plants indoors or to grow a indoor herb garden.

Lynette Kittle, Spring Hill, Fla

ARE YOU A CLEVER COOK?

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. This month, we are looking for original, clever ideas that relate to summer cooking. We will pay $25 for each published tip. Send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

Minute® BRAND

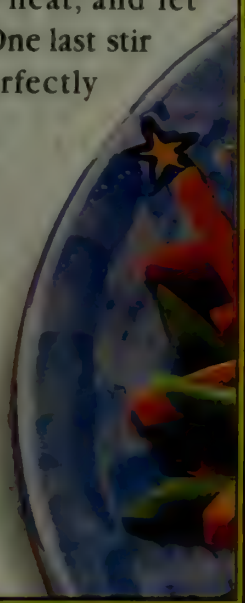
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"It's easier than you'd ever imagine and kids just love it."

"Cheesy Rice"

- Just bring 2 cups of water to a boil.
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PRIZE TESTED RECIPES®

see page 215 for details

$200 WINNER

Joanne Seck, Bucyrus, Kan., in the Peanut Butter Treats category.
February 1996



Peanut Butter Twists

A ribbon of peanut butter twirls its way through homemade breadsticks.

- 4½ to 5 cups all-purpose flour
- 2 pkg. active dry yeast
- ½ cup sugar
- ½ cup shortening
- ⅓ cup nonfat dry milk powder
- 2 eggs
- 1 recipe Peanut Butter Filling
- 1 recipe Powdered Sugar Glaze
- ¼ cup chopped peanuts

Stir together *2 cups* flour and the yeast; set aside. Heat and stir sugar, shortening, milk powder, 1 cup *water*, and ½ teaspoon *salt* till warm (120° to 130°) and shortening is almost melted; add to flour mixture. Add eggs; beat 30 seconds, scraping bowl. Beat 3 minutes. Stir in as much remaining flour as you can. On a lightly floured surface, knead in enough flour to make a soft dough that is elastic (3 to 5 minutes). Shape into a ball. Place in a greased bowl; turn once. Cover; let rise in a warm place till double (1 hour).

Punch dough down; divide in half. Cover; let rest 10 minutes. Chill 1 portion. Roll remaining portion into a 16x9-inch rectangle; spread with *half* of the filling. Fold in half lengthwise; cut crosswise into 16 equal pieces. Hold ends and twist, pinching firmly. Repeat with remaining dough and filling. Arrange on a lightly greased foil-lined baking sheet, pressing ends down. Bake in a 350° oven 15 minutes or till golden. Drizzle with chocolate and/or white glaze. Top with nuts. Serve warm or cool. Makes 32.

Peanut Butter Filling: Combine 1 cup peanut butter, ½ cup sifted powdered sugar, and ⅓ cup softened margarine or butter. Stir till smooth and spreadable.

Powdered Sugar Glaze: Stir together 2 cups sifted powdered sugar and ¼ cup unsweetened cocoa powder, if desired. Stir in 2 tablespoons softened margarine or butter. Stir in 3 to 4 tablespoons warm water, 1 tablespoon at a time, till of drizzling consistency.

Nutrition facts per twist: 215 cal., 11 g total fat (2 g sat. fat), 13 mg chol., 112 mg

Clip and save recipes in your *BETTER HOMES & GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES®

see page 215 for details

$200 WINNER

Millie Hawkins, Colorado Springs, Colo., in the Best-Loved Soups & Chowders category
February 1996



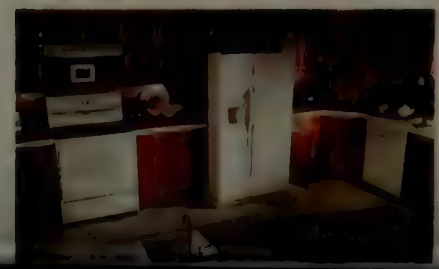
Black Bean and Sausage Posole

Try an easy, off-the-shelf version of posole (poh-SOH-leh), a hearty Mexican soup.

- 1 12-oz. pkg. light ground turkey-and-pork sausage
- 2 14½-oz. cans reduced-sodium chicken broth
- 1 15-oz. can black beans, rinsed and drained
- 1 14½-oz. can golden hominy, rinsed and drained
- 1 14½-oz. can Mexican-style stewed tomatoes
- 1 cup frozen loose-pack diced hash brown potatoes
- ½ cup chopped green sweet pepper
- ⅓ cup chopped onion
- 1 clove garlic, minced
- ½ tsp. chili powder
- 1 tsp. dried oregano, crushed

In a large saucepan brown sausage; drain off fat. Stir in broth, black beans, hominy, tomatoes, potatoes, green pepper, onion, garlic, chili powder, and oregano. Bring to boiling; reduce heat. Cover and simmer for 30 minutes. Makes 6 main-dish servings.

Nutrition facts per serving: 292 cal., 14 g total fat (1 g sat. fat), 45 mg chol., 1,295 mg sodium, 26 g carbo., 4 g fiber, and 17 g pro. Daily Values: 7% vit. A, 30% vit. C, 3% calcium, and 15% iron.



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PRIZE TESTED RECIPES®

$100 WINNER

Elizabeth B. Gallucci, Poughquag, N.Y., in the Best-Loved Soups & Chowders category.
February 1996



Creamy Carrot Soup with Pesto

Serve this golden bowlful hot or cold. You can even make it the day before and reheat.

- ½ cup chopped onion
- 1 Tbsp. margarine or butter
- 1 cup sliced carrots
- ¼ tsp. dried thyme, crushed
- 1 clove garlic, crushed
- 3 cups chicken broth
- 1 cup cubed, peeled potatoes
- 1 small bay leaf
- 2 Tbsp. buttermilk
- 2 Tbsp. pesto

In a large saucepan cook onion in hot margarine or butter for 1 minute. Add carrots, thyme, and garlic; cook about 10 minutes or till tender but not brown.

Add broth, potatoes, and bay leaf. Heat to boiling; reduce heat. Cover and simmer about 20 minutes or till vegetables are very tender. Remove bay leaf.

Transfer about *half* of the mixture to a blender container or food processor bowl; cover and blend or process till smooth. Repeat with remaining soup. Return all to saucepan; add buttermilk and heat through. Spoon into soup bowls. Top each serving with pesto; swirl to mix. Makes 4 side-dish servings.

Nutrition facts per serving: 134 cal., 6 g total fat (3 g sat. fat), 10 mg chol., 655 mg sodium, 15 g carbo., 2 g fiber, and 6 g pro. Daily Values: 92% vit. A, 11% vit. C, 6% calcium, and 7% iron.

Photographs: Scott Little.
Buying information, page 234.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK.*

PRIZE TESTED RECIPES®

$100 WINNER

Margaret A. Bollhorst, Severna Park, Md., in the Peanut Butter Treats category.
February 1996



Taffy Apple Pizza

A peanut butter and cream cheese combo melds the apple topping to the cookie crust.

- 1 20-oz. roll refrigerated sugar cookie dough
- ¼ cup all-purpose flour
- 2 3-oz. pkg. cream cheese, softened
- ⅓ cup peanut butter
- ¼ cup packed brown sugar
- ½ tsp. vanilla
- 1 medium apple, cored and thinly sliced
- Lemon juice (optional)
- ¼ tsp. ground cinnamon
- ¼ cup caramel ice-cream topping
- ½ cup chopped peanuts

For crust, in a large mixing bowl knead together cookie dough and flour. Place dough in a greased 12- to 13-inch pizza pan; press from center to edges to form a crust. Bake in a 375° oven about 12 minutes or till golden. Cool in pan on a wire rack.

For topping, in a medium mixing bowl combine cream cheese, peanut butter, brown sugar, and vanilla; beat with an electric mixer on medium speed till combined. Spread onto the cooled crust. If desired, cover and chill overnight.

Before serving, brush apple slices with lemon juice, if desired. Arrange apple slices atop peanut butter mixture. Sprinkle with ground cinnamon. Drizzle with caramel topping. Sprinkle with peanuts. Cut into wedges to serve. Makes 10 to 12 servings.

Nutrition facts per serving: 455 cal., 26 g total fat (8 g sat. fat), 37 mg chol., 360 mg sodium, 51 g carbo., 1 g fiber, and 8 g pro. Daily Values: 8% vit. A, 1% vit. C, 6% calcium, and 11% iron.

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Snow Fun!

Have you ever noticed that some people get grumpy when it snows? Usually, it's the grown-ups. But in some places, even the adults hold a childlike enthusiasm for each snowfall. Minnesota is one of those places. With its long winters and many snows, people of all ages find ways to celebrate every flake. Take a cue from the Minnesotans. When it snows, have fun.

by Barbara Hall Palar

continued on page 224



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continued from page 222

Most of the ideas on these pages come from hearty Minnesotans, including the folks at the Lowry Nature Center in Minneapolis, the Minnesota Historical Society, and the Department of Natural Resources.



Maple crystal candy

Heat maple syrup to 250°. Gather a scoop or two of *fresh* snow in a bowl. Pour the warm syrup over the snow. Eat it for a sweet winter treat.

Catch a falling snowflake



Here's what you'll need:

- a snowy day
- a sheet of glass or mirror (ask an adult to make sure the edges are not sharp)
- magnifying glass
- cardboard
- hair spray
- bowl
- mittens

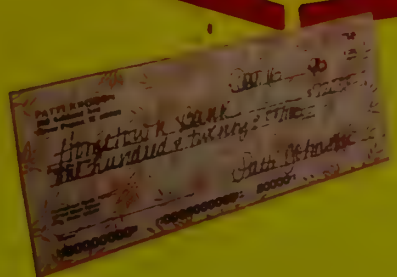
1. Place the glass and the hair spray outside for a while so they'll be as cold as the outside air.
2. Put the glass on a piece of cardboard.
3. Spray the glass with a thick layer of hair spray.
4. Hold the glass out until you've caught a few snowflakes. (Hold the cardboard, not the glass, so your hands won't warm up the glass and melt your snowflakes.)
5. Cover the glass with a bowl to keep away more flakes, then leave the glass outside to dry (about an hour). You have preserved the imprints of snowflakes! Study them under the magnifier.

continued on page 226

ILLUSTRATIONS: RAY SIMARD







{ We know the routine. }

You go to the supermarket.

You go to the dry cleaners.

You go to the bank.

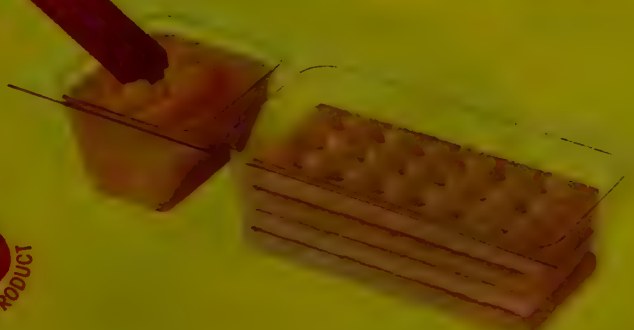
In between, your kids go,

"I'm hungry."

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The on-the-go snack
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BH&G kids

continued from page 224

Snow cone



What you need:

- fresh white snow (snow blown by heavy winds can be very dirty)
- your favorite fruit-flavored soft drink (bright colors are the most fun)

Place about a cup of snow in a container; pour soft drink over the snow. Slurp it up! A bonus: Winter snow cones don't melt as quickly as the ones in summer.

Build an indoor igloo

Even if you live in a warmer climate, you can build an indoor igloo. Here's what you'll need:

- paper bowl
- cardboard toilet paper tube
- 1 container white frosting
- 1 package marshmallows
- ¼ package miniature marshmallows
- powdered sugar

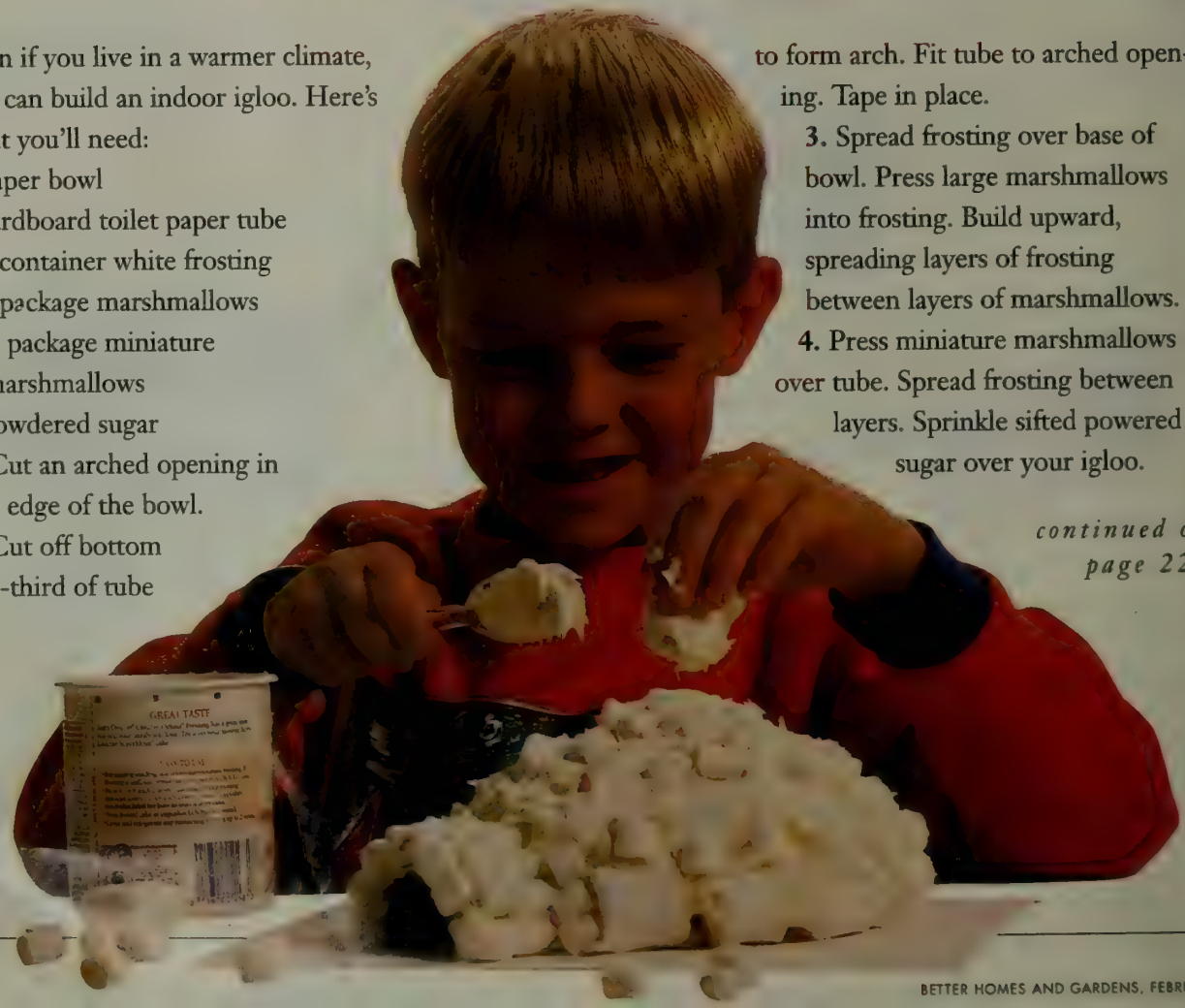
1. Cut an arched opening in one edge of the bowl.

2. Cut off bottom one-third of tube to form arch. Fit tube to arched opening. Tape in place.

3. Spread frosting over base of bowl. Press large marshmallows into frosting. Build upward, spreading layers of frosting between layers of marshmallows.

4. Press miniature marshmallows over tube. Spread frosting between layers. Sprinkle sifted powered sugar over your igloo.

continued on page 229



Even Mr. No never says "no" to a *Goldfish*.®



He'll argue about breakfast, lunch, dinner and everything in between.
But he says Goldfish crackers are cool. I say they're wholesome.
And it's nice not to nag, but to agree.
Pepperidge Farm remembers snacks can be good food, too.





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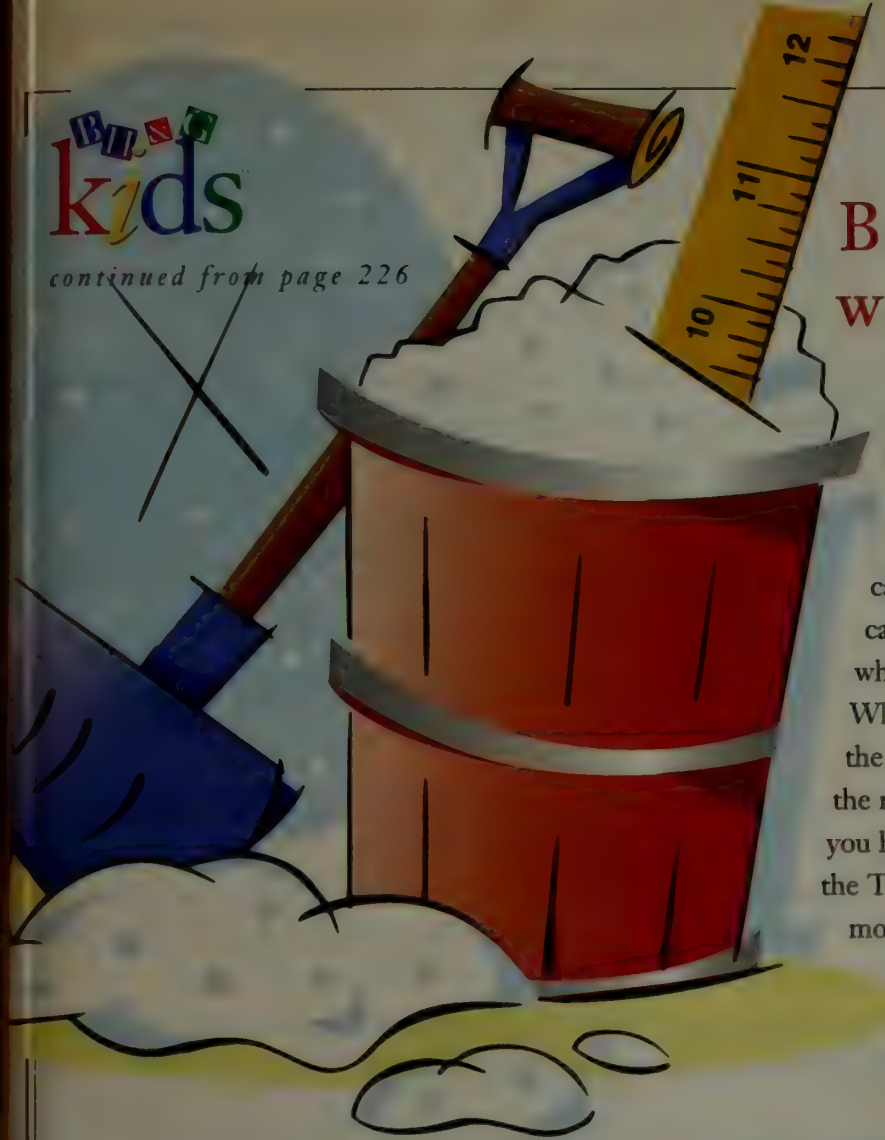
Easy Macaroni & Cheese Recipe 1. Cook 2 cups macaroni, drain and return to pan. 2. Add 16 oz. VELVEETA (cut up) and ⅓ cup milk. 3. Stir until melted. Eat.



Cooks Better®

BH&G kids

continued from page 226



Be a weather watcher

Do you know how to measure how much snow has fallen? Make your own snow gauge. You'll need a tall can and a ruler. Put the ruler in the can, and place the can near a building where it is sheltered from the wind. When the snow stops, make a mark on the ruler at the top of the snow. Pull the ruler out and see how much snow you have. Then match your figure with the TV weather forecaster. Did you get more at your house than they did at the TV station?

Track tales



Next time you're out walking, look for stories in the snow. Try to find evidence that a person and a dog have walked together on the path before you. Do you know how to tell if a rabbit is hopping fast or slow? Look at the tracks. When moving quickly, a rabbit's two front feet land in the same hole, making a track that looks like an exclamation point. If you saw cat tracks leading up to bird prints, what do you think might have happened? Careful! Don't let your own tracks mess up the ones you're studying.

ATTENTION

PEOPLE WHO OWN HOMES OR STRUCTURES WITH LOUISIANA-PACIFIC INNER-SEAL® EXTERIOR SIDING

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This settlement concerns exterior siding on homes and buildings. It does **not** concern similar products used for interior applications, such as roof, wall or deck sheathing, or for purposes other than exterior siding. The Complaint in this lawsuit alleges that exterior L-P Inner-Seal® siding prematurely rots, buckles, cracks, and otherwise deteriorates under normal weather conditions.

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The nationwide settlement provides a minimum of $275 million to be used by property owners to replace or repair damaged Inner-Seal® siding installed prior to January 1, 1996. You must file a claim before January 1, 2003. For more information on this case, complete and mail the clip coupon or call:

1-800-245-2722

If you want to be excluded from this settlement (opt-out), you must let us know by March 15, 1996. A hearing to consider the fairness of the settlement will be held April 15, 1996 in the U.S. District Court, Portland, Oregon, Magistrate Judge John Jelderks, presiding.

(CUT ALONG DOTTED LINE -- PLEASE PRINT)

REQUEST FOR INFORMATION FORM

(This is not an Opt-Out Request)

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Family Fun in Reno

There's more than just neon

Look beyond the neon glitz in Reno, Nevada, and you'll find that the region has a lot going for it when it comes to family vacations.

The National Automobile Museum ranks as Reno's most fascinating attraction. With more than 200 classic, vintage, and antique cars, such as an 1890 steam-powered Philion and President Kennedy's 1962 Lincoln convertible, all vehicles are displayed in time-appropriate settings. A fast-pace multimedia show traces the automobile's impact on society. Kids can test their strength on a Model T hand crank, and car buffs can watch the meticulous maintenance practiced in the repair shop. Special exhibits showcase everything from hot rods to old firefighting rigs.

On the University of Nevada campus in Reno, Fleischmann Planetarium puts on stunning space and science shows. Located in downtown Reno, the Nevada Museum of Art, the state's largest, features changing exhibits. "Arts for the Parks," displaying imagery from America's National Parks, is showing through March 10.

Golf is affordable and abundant around Reno, and most courses remain open all year (snow is the determining factor; call before you go). For openers, try Reno's Washoe County 18-hole layout. Greens fees cost $15; 702/828-6640.

continued on page M2

TO ORDER

FREE VACATION INFORMATION
See *page M1* for a list of free travel information and literature.



Reno Fun

continued from page M1

For another bargain, play the links at Rosewood Lakes, one of the most beautifully situated municipal golf courses anywhere. With 6,693 easily walkable yards, Rosewood Lakes doesn't call for hitting power, but ball-gulping wetlands rim the narrow links. Greens fees cost $19 or $29 with cart. 702/857-2892.

A rare pleasure awaits you in the high desert about 25 miles northwest of Reno on the Pyramid Lake Highway (Route 445). Several hundred mustangs, captured in wilderness roundups, cavort at the government's Palomino Valley Wild Horse and Burro Placement Center awaiting adoption by horse lovers. You can drive right up to the corrals and watch the animals frisk. The stallions and mares, descendants of horses brought to America by Spanish conquistadors, are smaller than today's breeds.



CHACO MOHLER, HEAVENLY SKI RESORT

Soaring above the sapphire waters of Lake Tahoe.

Drive another 13 miles to Pyramid Lake, named for the pyramid-shape geological formations, hundreds of feet high, that dot its shores. It takes no effort to float on this lake because the slightly saline water keeps you buoyed.

Another day, visit Virginia City in the desert mountains 25 miles south of Reno. Once Nevada's biggest and richest city because of its vast silver mines, Virginia City now attracts tourists with historic saloons, funky shops, rehabilitated Victorian mansions, and mine tours. You can go underground at the Chollar Mine, last of the Comstock Lode's original mines (closed in winter), or tour the Ponderosa Mine daily year-round.

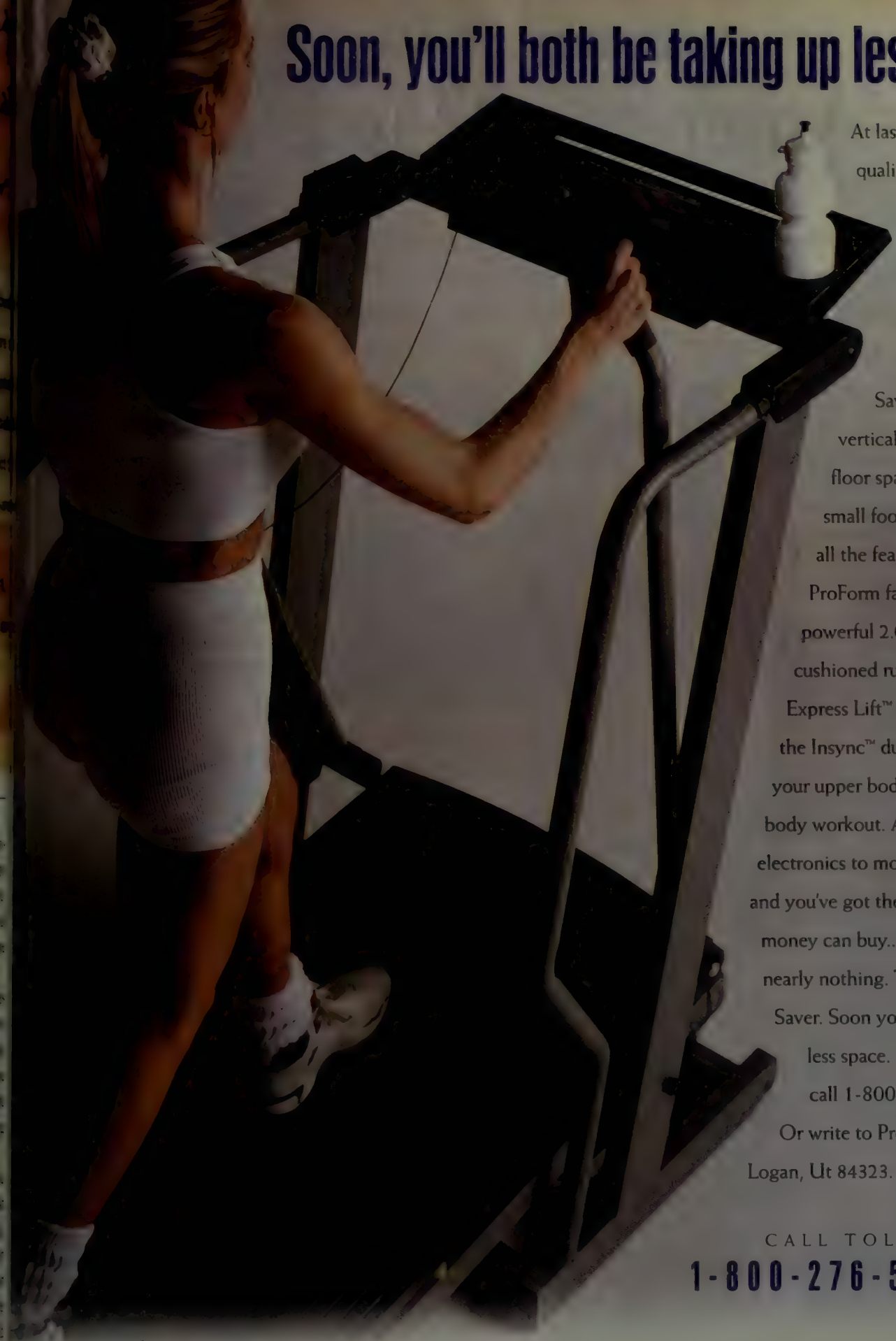
The blue jewel of Lake Tahoe lies about one hour's drive from Reno over the curvy Mount Rose Highway (Route 431). In summer, go to the Nevada shore near Incline Village for private swimming and picnicking around sandy coves.

With 19 ski resorts ringing the Lake Tahoe and Reno areas (most just across the border in California), downhill skiing abounds November through April. Among the most notable resorts are Squaw Valley, site of the 1960 Winter Olympics, and Heavenly, one of the largest resorts in the nation.

For more information, contact the Reno-Sparks CVA, Box 837, Reno, NV 89504-0837; 800/367-7366.

—by George S. Bush

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by Lisa Holderness

All-American Maple Syrup

The Native Americans who first tapped the sap from the sugar maple tree knew a good thing when they tasted it. Hundreds of years later, North Americans still produce rich, amber-colored maple syrup in much the same way. Best known for drizzling atop pancakes, this sweetener adds a richness to other foods too, such as this hearty apple cake.



AUTUMN MAPLE CAKE

- 1½ cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 beaten egg
- 1½ cups peeled, cored, and chopped baking apple
- ½ cup sugar
- ½ cup pure maple syrup
- ½ cup raisins
- ⅓ cup applesauce
- ⅓ cup cooking oil
- 1½ tsp. grated orange peel
- Pure maple syrup
- 1 recipe Maple Cream

Spray an 8x8x2-inch baking pan with nonstick spray coating. In a small mixing bowl combine the flour, baking powder, baking soda, and salt.

In a large mixing bowl combine egg and apples. Stir in sugar, the ½ cup maple syrup, raisins, applesauce, oil, and orange peel. Add dry ingredients; stir just till combined. Spread batter in the prepared pan.

Bake in a 350° oven for 40 to 45 minutes or till a toothpick inserted near the center comes out clean. Brush the warm cake with additional maple syrup and cool slightly. Serve warm or at room temperature with Maple Cream. Makes 9 servings.

Nutrition facts per serving: 384 cal., 16 g total fat (6 g sat. fat), 47 mg chol., 161 mg sodium, 58 g carbo., 2 g fiber, and 4 g pro.

Maple Cream: In a chilled medium bowl beat ½ cup whipping cream with chilled beaters of an electric mixer on medium speed till stiff peaks form. Stir together ½ cup dairy sour cream and ¼ cup pure maple syrup; fold into whipped cream. Serve immediately.

MAPLE SYRUP Q & A

Q. How is maple syrup made?

A. Pure maple syrup comes from collecting and boiling down the sap of the sugar maple tree. It is produced only in North America, with the largest U.S. supply coming from Vermont. Harvest time is late February through early April.

Q. What are the different grades and variations?

A. Pure maple syrup is graded based on color, clarity, and flavor. The first of these grades, Grade A Light (also called Fancy), is light in color and delicate in taste. Consecutively, the grades get darker in color and fuller in maple flavor, including Grade A Medium Amber (a good syrup for pancakes), Grade A Dark Amber (hearty flavor, good for cooking), and Grade B (seldom sold at retail). Grade A Medium Amber and Dark Amber are the most available grades.

Q. How long can you keep pure maple syrup?

A. Unopened, pure maple syrup keeps indefinitely when stored in a cool, dry place. Even opened, it keeps about a year. Cover opened syrup tightly and chill.

Q. What is the difference between pure maple syrup and maple-flavored pancake syrup?

A. To be labeled pure maple syrup, 100 percent of the syrup must come from the sap of maple trees. Maple-flavored syrups usually contain little or no real maple syrup. Instead, they are primarily sugar syrups, made with maple flavoring. Maple-flavored syrups are usually much less expensive. As for flavor, pure maple syrup has a more delicate, distinctly maple taste, whereas maple-flavored syrups have a much sweeter flavor and a thicker consistency.

Q. How much does pure maple syrup cost, and where can you purchase this specialty syrup?

A. It takes 40 gallons of sap and a substantial amount of time and labor to make 1 gallon of pure maple syrup. That's why it costs almost four times more than maple-flavored pancake syrup.

To purchase pure maple syrup, look near the pancake mixes or in the gourmet aisle of your grocery store. Or, try a specialty foods shop or health food store.



When Betty brought out the nachos with Knudsen, Gwendelin expressed her gratitude.

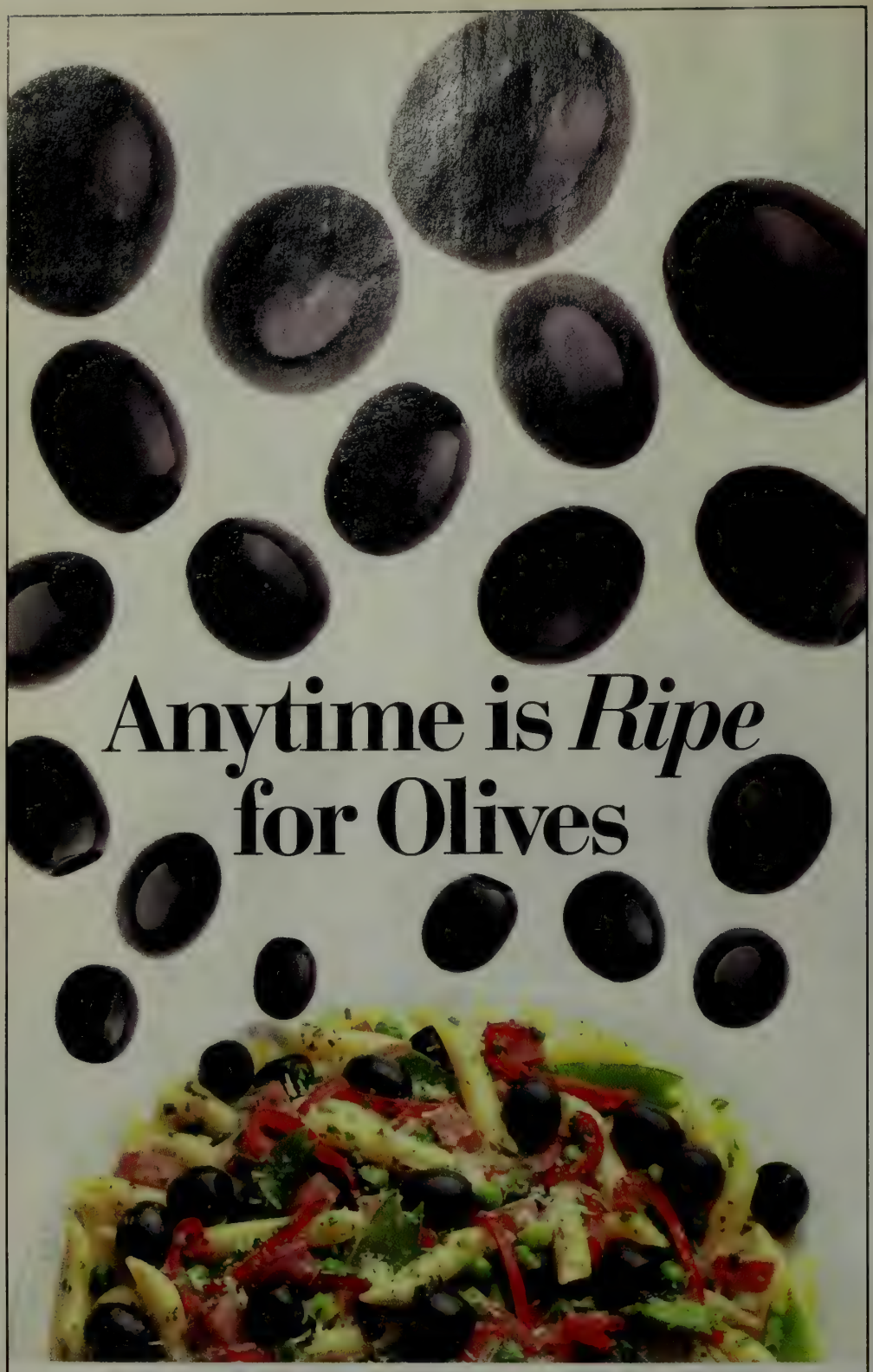
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You Know when it's Knudsen.

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SOUR CREAM
100% NATURAL
Grade A Pasteurized

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Pasta primavera becomes pasta extra-ordinaire every time you include California Ripe Olives. Delicious and colorful black olives are an easy way to add flavor and pizzazz to ordinary everyday dishes like salads, casseroles and chicken.



Tonight, put an exciting new twist in what you're cooking with just a single ingredient, *California Ripe Olives.*

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FOOD

As Simple As Salt

Ordinary table salt is no mystery to most people. In fact, it's the most frequently used seasoning in the world. But there are several forms of salt that look different and taste different. Here are your choices.

Table salt contains ingredients, such as dextrose, to keep it from clumping and to maintain its pure white color. Generally, table salt is iodized to help provide iodine, an essential mineral in the diet. Uniodized salt is also available. All types of salt, except seasoned salts, will keep indefinitely in your kitchen at room temperature.

Kosher salt, a coarse-ground and additive-free salt, tastes about half as salty as table salt. You've probably eaten it on pretzels or bread sticks. Kosher salt is also used in the preparation of meat by devout Jews.

Pickling or canning salt is a finer grind than table salt. Because it is free of additives, it won't cloud pickling liquids or brines.

Rock salt, an inedible coarse-grain salt, is often used in freezing home-made ice cream. Because rock salt is unrefined, it retains the grayish cast of the natural mineral.

Sea salt is formed by evaporating sea water. It may contain slightly more trace minerals than table salt but has no other nutritional advantages. Many cooks prefer the taste of sea salt.

Seasoned salts, such as celery salt, garlic salt, or onion salt, are blends of salt and other seasonings. They can be found in the spice section of your supermarket. When kept tightly capped at room temperature, these salts will remain at their best for about one year.

ASK YOUR DOCTOR FOR A TRIAL OF CLARITIN®-D

Nondrowsy prescription relief for runny noses; itchy, watery eyes; sneezing; and stuffy, congested noses.



Clear relief from seasonal nasal allergy symptoms including nasal congestion.

Clear relief that won't make you drowsy. In studies, the incidence of drowsiness, 7%, was similar to placebo (sugar pill), 4%, at the recommended dose.

Clear relief for 24 hours with convenient *twice-a-day* dosing (every 12 hours).

Clear relief with a low occurrence of side effects.

Common side effects of CLARITIN®-D are sleeplessness, 16%, and dry mouth, 14% — the only two side effects that occurred more often with CLARITIN®-D than with placebo (sugar pill). Other side effects, including headache, sleepiness, and nervousness, occurred about as often as with placebo (sugar pill).

CLARITIN®-D contains pseudoephedrine sulfate, which also is in many over-the-counter (OTC) and prescription medications. Too much pseudoephedrine sulfate can cause nervousness, sleeplessness, dizziness, and other related side effects. Therefore, be sure to tell your health-care provider if you are taking any OTC or prescription medications, including decongestants.

There are some people who should not take CLARITIN®-D. Other people need to be especially careful using it. Therefore, be sure to tell your health-care provider if you have high blood pressure, heart disease, diabetes, glaucoma, thyroid or liver problems, or difficulty urinating, or if you are taking MAO inhibitors (prescription medicines that treat depression), or if you become pregnant or are nursing a baby. Also, CLARITIN®-D must not be chewed or broken.

Available by prescription only. Call 1-800-CLARITIN (1-800-252-7484) for a $5.00 coupon and important FREE information about relief from seasonal nasal allergies including nasal congestion.

Consult your doctor for important information concerning this product.

Twice-a-day

Claritin®-D

(loratadine 5 mg/pseudoephedrine sulfate, USP 120 mg)

Extended Release Tablets

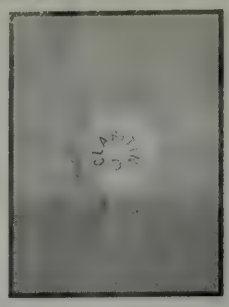
Clear Relief

Please see adjacent page for additional important information.

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Call 1-800-CLARITIN



Twice-a-day

Claritin®-D

(loratadine 5 mg/pseudoephedrine sulfate, USP 120 mg)

Extended Release Tablets

Clear Relief

CLARITIN®-D

brand of loratadine and pseudoephedrine sulfate, USP

Long-Acting Antihistamine/Extended Release Decongestant Tablets

BRIEF SUMMARY (For full Prescribing Information, see package insert.)

CAUTION: Federal Law Prohibits Dispensing Without Prescription

INDICATIONS AND USAGE: CLARITIN-D Tablets are indicated for the relief of symptoms of seasonal allergic rhinitis. CLARITIN-D Tablets should be administered when both the antihistaminic properties of CLARITIN (loratadine) and the nasal decongestant activity of pseudoephedrine are desired (see **CLINICAL PHARMACOLOGY**).

CONTRAINDICATIONS: CLARITIN-D Tablets are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

This product, due to its pseudoephedrine component, is contraindicated in patients with narrow-angle glaucoma or urinary retention, and in patients receiving monoamine oxidase (MAO) inhibitor therapy or within fourteen (14) days of stopping such treatment (see **Drug Interactions** section). It is also contraindicated in patients with severe hypertension, severe coronary artery disease, and in those who have shown hypersensitivity or idiosyncrasy to its components, to adrenergic agents, or to other drugs of similar chemical structures. Manifestations of patient idiosyncrasy to adrenergic agents include: insomnia, dizziness, weakness, tremor, or arrhythmias.

WARNINGS: CLARITIN-D Tablets should be used with caution in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, renal impairment, or prostatic hypertrophy. Central nervous system stimulation with convulsions or cardiovascular collapse with accompanying hypotension may be produced by sympathomimetic amines.

Use in Patients Approximately 60 Years and Older: The safety and efficacy of CLARITIN-D Tablets in patients greater than 60 years old have not been investigated in placebo-controlled clinical trials. The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS: General: Because the doses of this fixed combination product cannot be individually titrated and hepatic insufficiency results in a reduced clearance of loratadine to a much greater extent than pseudoephedrine, CLARITIN-D Tablets should generally be avoided in patients with hepatic insufficiency. Patients with renal insufficiency (GFR < 30 mL/min) should be given a lower initial dose (one tablet per day) because they have reduced clearance of loratadine and pseudoephedrine.

Information for Patients: Patients taking CLARITIN-D Tablets should receive the following information: CLARITIN-D Tablets are prescribed for the relief of symptoms of seasonal allergic rhinitis. Patients should be instructed to take CLARITIN-D Tablets only as prescribed and not to exceed the prescribed dose. Patients should also be advised against the concurrent use of CLARITIN-D Tablets with over-the-counter antihistamines and decongestants.

This product should not be used by patients who are hypersensitive to it or to any of its ingredients. Due to its pseudoephedrine component, this product should not be used by patients with narrow-angle glaucoma, urinary retention, or by patients receiving a monoamine oxidase (MAO) inhibitor or within 14 days of stopping use of an MAO inhibitor. It also should not be used by patients with severe hypertension or severe coronary artery disease.

Patients who are or may become pregnant should be told that this product should be used in pregnancy or during lactation only if the potential benefit justifies the potential risk to the fetus or nursing infant.

Patients should be instructed not to break or chew the tablet.

Drug Interactions: No specific interaction studies have been conducted with CLARITIN-D Tablets. However, loratadine (10 mg once daily) has been safely coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

CLARITIN-D Tablets (pseudoephedrine component) are contraindicated in patients taking monoamine oxidase inhibitors and for 2 weeks after stopping use of an MAO inhibitor. The antihypertensive effects of beta-adrenergic blocking agents, methyldopa, mecamylamine, reserpine, and veratrum alkaloids may be reduced by sympathomimetics. Increased ectopic pacemaker activity can occur when pseudoephedrine is used concomitantly with digitalis.

Drug/Laboratory Test Interactions: The *in vitro* addition of pseudoephedrine to sera containing the cardiac isoenzyme MB of serum creatinine phosphokinase progressively inhibits the activity of the enzyme. The inhibition becomes complete over 6 hours

Carcinogenesis, Mutagenesis, Impairment of Fertility: There are no animal or laboratory studies on the combination product loratadine and pseudoephedrine sulfate to evaluate carcinogenesis, mutagenesis, or impairment of fertility

In an 18-month oncogenicity study in mice and a 2-year study in rats loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (active metabolite) times higher than a human given 10 mg/day. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (active metabolite) times higher than a human given 10 mg/day. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of loratadine is [illegible]

In mutagenicity studies with loratadine alone, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction in the mouse at 4 rat at 25 mg/kg, but not at lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at a 64 mg/kg of loratadine and was reversible with cessation of dosing. Loratadine had no effec female fertility or reproduction in the rat at doses approximately 24 mg/kg.

Pregnancy Category B: There was no evidence of animal teratogenicity in reproduction studi on rats and rabbits with this combination at oral doses up to 150 mg/kg (885 mg/m² or recommended daily human dosage of 250 mg or 185 mg/m²), and 120 mg/kg (1416 mg/m² o recommended daily human dosage), respectively. There are, however, no adequate and well-co ies in pregnant women. Because animal reproduction studies are not always predictive of hum CLARITIN-D Tablets should be used during pregnancy only if clearly needed.

Nursing Mothers: It is not known if this combination product is excreted in human milk. Ho dine when administered alone and its metabolite descarboethoxyloratadine pass easily into bre achieve concentrations that are equivalent to plasma levels, with an AUC_{milk}/AUC_{plasma} ratio of 1 for the parent and active metabolite, respectively. Following a single oral dose of 40 mg, a sm loratadine and metabolite was excreted into the breast milk (approximately 0.03% of 40 mg aft Pseudoephedrine administered alone also distributes into breast milk of the lactating hu Pseudoephedrine concentrations in milk are consistently higher than those in plasma. The tot drug in milk as judged by the area under the curve (AUC) is 2 to 3 times greater than in plasma of a pseudoephedrine dose excreted in milk is estimated to be 0.4% to 0.7%. A decision sho whether to discontinue nursing or to discontinue the drug, taking into account the importance o the mother. Caution should be exercised when CLARITIN-D Tablets are administered to a nursin

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been es

ADVERSE REACTIONS: Experience from controlled and uncontrolled clinical studies involv mately 10,000 patients who received the combination of loratadine and pseudoephedrine sulfate of up to 1 month provides information on adverse reactions. The usual dose was one tablet ev for up to 28 days.

In controlled clinical trials using the recommended dose of one tablet every 12 hours, the reported adverse events was similar to those reported with placebo, with the exception of insc and dry mouth (14%).

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF ≥2% ON CLARITIN-D IN PLACEBO-CONTROLLED CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	CLARITIN-D n=1023	Loratadine n=543	Pseudo-ephedrine n=548
Headache	19	18	17
Insomnia	16	4	19
Dry Mouth	14	4	8
Somnolence	7	3	5
Nervousness	5	3	7
Dizziness	4	1	5
Fatigue	4	6	3
Dyspepsia	3	2	3
Nausea	3	2	3
Pharyngitis	3	3	2
Anorexia	2	1	2
Thirst	2	1	2

Adverse event rates did not appear to differ significantly based on age, sex, or race, although th non-white subjects was relatively small.

In addition to those adverse events reported above (≥2%), the following less frequent adverse been reported in at least one CLARITIN-D treated patient:

Autonomic Nervous System: Abnormal lacrimation, dehydration, flushing, hypoesthesi sweating, mydriasis.

Body As A Whole: Asthenia, back pain, blurred vision, chest pain, conjunctivitis, earache, eye pain, fever, flu-like symptoms, leg cramps, lymphadenopathy, malaise, photophobia, rig viral infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, peripheral edema, syncope, ventricular extrasystoles.

Central and Peripheral Nervous System: Dysphonia, hyperkinesia, hypertonia, migraine, tremors, vertigo.

Gastrointestinal System: Abdominal distension, abdominal distress, abdominal pain, altered pation, diarrhea, eructation, flatulence, gastritis, gingival bleeding, hemorrhoids, increased appe tis, taste loss, tongue discoloration, toothache, vomiting.

Liver and Biliary System: Hepatic function abnormal.

Musculoskeletal System: Arthralgia, myalgia, torticollis.

Psychiatric: Aggressive reaction, agitation, anxiety, apathy, confusion, decreased libido, depr tional lability, euphoria, impaired concentration, irritability, paroniria.

Reproductive System: Dysmenorrhea, impotence, intermenstrual bleeding, vaginitis.

Respiratory System: Bronchitis, bronchospasm, chest congestion, coughing, dry throat, staxis, halitosis, nasal congestion, nasal irritation, sinusitis, sneezing, sputum increased, uppe infection, wheezing.

Skin and Appendages: Acne, bacterial skin infection, dry skin, eczema, edema, epidermal ne thema, hematoma, pruritus, rash, urticaria.

Urinary System: Dysuria, micturition frequency, nocturia, polyuria, urinary retention.

The following additional adverse events have been reported with the use of CLARITIN Table altered salivation, amnesia, anaphylaxis, angioneurotic edema, blepharospasm, breast enlarge pain, dermatitis, dry hair, erythema multiforme, hemoptysis, hepatic necrosis, hepatitis, jaundic menorrhagia, nasal dryness, photosensitivity reaction, purpura, seizures, supraventricular tachy and urinary discoloration.

Pseudoephedrine may cause mild CNS stimulation in hypersensitive patients. Nervousness restlessness, dizziness, weakness, or insomnia may occur. Headache, drowsiness, tachycardia pressor activity, and cardiac arrhythmias have been reported. Sympathomimetic drugs have als ciated with other untoward effects, such as fear, anxiety, tenseness, tremor, hallucinations, se respiratory difficulty, dysuria, and cardiovascular collapse.

OVERDOSAGE: In the event of overdosage, general symptomatic and supportive measures sh tuted promptly and maintained for as long as necessary. Treatment of overdosage would reasor of emesis (ipecac syrup), except in patients with impaired consciousness, followed by the adm activated charcoal to absorb any remaining drug. If vomiting is unsuccessful, or contraindic lavage should be performed with normal saline. Saline cathartics may also be of value for rap bowel contents. Loratadine is not eliminated by hemodialysis. It is not known if loratadine is e peritoneal dialysis

Somnolence, tachycardia, and headache have been reported with doses of 40 to 180 mg Tablets. In large doses, sympathomimetics may give rise to giddiness, headache, nausea, vom ing, thirst, tachycardia, precordial pain, palpitations, difficulty in micturition, muscular weakness ness, anxiety, restlessness, and insomnia. Many patients can present a toxic psychosis with d hallucinations. Some may develop cardiac arrhythmias, circulatory collapse, convulsions, coma, tory failure.

The oral LD_{50} values for the mixture of the two drugs were greater than 525 and 1839 m and rats, respectively. Oral LD_{50} values for loratadine were greater than 5000 mg/kg in rat Doses of loratadine as high as 10 times the recommended daily clinical dose showed no e mice, and monkeys

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Rev. 1/95

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THE SHIRLEY TEMPLE DRESS-UP DOLL

Dress up this beautiful portrait doll in charming reproductions of Shirley's most famous movie outfits.

Shirley Temple…the little darling with the bouncy golden curls, dimpled smile and sparkling personality. She was the greatest child star in Hollywood history.

Now, Shirley Temple has officially authorized the Danbury Mint to re-create her most famous movie costumes! Presenting *The Shirley Temple Dress-Up Doll*—featuring a realistic portrait doll of Shirley Temple and a unique collection of her charming outfits.

Lifelike portrait doll at no extra charge!

The Shirley Temple Dress-Up Doll is 16" tall, fully-jointed and expertly crafted of vinyl. This adorable likeness of Shirley Temple is yours *at no extra charge.* Shirley Temple's signature on your doll is your assurance of authenticity.

Collect a complete Shirley Temple wardrobe.

The first movie outfit in the collection is a replica of Shirley's sailor-style dress from "Poor Little Rich Girl," complete with beret, purse, anklets and Mary Jane shoes. You will receive this charming ensemble on your doll. Then, every other month, you will receive two movie outfits, exquisitely hand-tailored of fine fabrics. Each outfit comes complete with shoes, hat or other accessories, and a display stand. You can dress your doll from head to toe to look just like Shirley Temple did in "Stand Up and Cheer," "Heidi" and many more of her classic movie roles!

Satisfaction guaranteed.

To receive *The Shirley Temple Dress-Up Doll* collection, simply return the Reservation Application. The outfit is just $29.50. The portrait doll is yours *at no extra charge!* Thereafter, you will receive two new outfits every other month at the price of $29.50 each.

Available exclusively from the Danbury Mint, *The Shirley Temple Dress-Up Doll* makes a wonderful gift. Your satisfaction is guaranteed, so return your Reservation Application today!



The frilly dress Shirley wore in "Baby Take a Bow."



Shirley's charming frock and straw hat from "Heidi."



Her most famous movie costume of all—from "Stand Up and Cheer."

Shirley's adorable sailor-style dress from "Poor Little Rich Girl."

Accessories shown are included.

Shown smaller than actual size of approximately 16" in height.

the Danbury Mint
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RESERVATION APPLICATION

STD10106

The Danbury Mint
47 Richards Avenue
Norwalk, CT 06857

THE SHIRLEY TEMPLE DRESS-UP DOLL

Please accept my reservation for *The Shirley Temple Dress-Up Doll*, consisting of reproductions of Shirley Temple's famous movie outfits and a 16" vinyl portrait doll. The doll comes with a serially-numbered Certificate of Registration. The cost of each outfit is $29.50* (there is no extra charge for the doll itself).

I need send no money now. My first shipment will consist of the "Poor Little Rich Girl" outfit and accessories. Then, every other month, I will receive two outfits plus accessories and a display stand for each, but I need pay for only one outfit per month. If not completely satisfied, I may return any outfit within 30 days of receipt for replacement or refund. This subscription may be cancelled by either party at any time.

*Plus $3.50 shipping and handling; any applicable sales tax is additional.

Name _____
(Please print clearly.)

Address _____

City _____

State/Zip _____

Signature _____
(All orders subject to acceptance.)

Please allow 4 to 8 weeks after payment for initial shipment.



Buying Guide

continued from page 120

Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862. **Dishwasher**—The Maytag Co., 1 Dependability Square, Newton, IA 50208. **Cushioned chairs**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

Page 138 (*top left*): French doors, arch-top windows—Andersen Windows, Inc., P.O. Box 3900, Peoria, IL 61614; 800/426-4261. **Vinyl siding and shutters, aluminum trim for columns and arches**—Alcoa Building Products, Dept. TLLE, P.O. Box 3900, Peoria, IL 61612-3900; 800/962-6973. **(*Bottom right*): sofa, sofa fabric, chair, ottoman, rug, dining chairs, fabric for Roman shades**—Ethan Allen, Inc., P.O. Box 1966, Ethan Allen Dr., Danbury, CT 06813-1966; 800/228-9229. **Fabric for chair and ottoman**—Robert Allen Fabrics, 55 Cabot Blvd., Mansfield, MA 02048; 800/333-3777. **Fabric for swags**—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016-7878; 800/423-5881. **Lamp**—Racine's Interior Design & Decoration, 730 Russett, Racine, WI 53405; 414/638-9696. **Sconces**—City Lights and Fans, 13220 W. Capital Dr., Brookfield, WI 53005; 414/781-9048.

Page 140: windows—Andersen Windows, Inc., P.O. Box 3900, Peoria, IL 61614; 800/426-4261. **Lanterns and posts**—The Home Depot, 2727 Paces Ferry Rd., Atlanta, GA 30339. **Rocking chairs**—Summer Classics, P.O. Box 1090, Pelham, AL 35124. **Brick pavers**—Anchor Concrete, 975 Burnt Tavern Rd., Brick, NJ 08724.

KEEPING ROOM KITCHENS

Pages 146–147 (*top left*): cabinets—Miller Cabinet Co.; for further information call 614/873-1221. **Copper range hood**—Lambert Sheet Metal, Inc., 3776 East Fifth Ave., Columbus, OH 43219. **Copper tiles on backsplash**—Italio Tiles-Classico Tiles; for further information call 614/291-5909. **Granite countertops,** "Hibiscus Rose"—Chester Smith Co.; for further information call 614/294-5271. **Cooktop,** "Monogram"—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Bar stools,** "Napoleon" (White)—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **(*Bottom right*): windows**—Pozzi Wood Windows Co., P.O. Box 5249, 62845 Boyd Acres Rd., Bend, OR 97708; 800/821-1016. **Cake dish, dessert plates, mugs,** "Mediterranean"; **reed basket**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Faucet**—Kohler Co., Kohler WI 53044.

Pages 148-149 (*left*): wing chair—Highland House, 207 20th St. SE, Hickory, NC 28602. **Fire screen, hearth tools**—Sundance Catalog Co., 1909 South 4250 West, Salt Lake City, UT 84104; 800/422-2770. **Coffee table, "American Theme"**—Drexel Heritage Furnishings, Drexel, NC 28619; 800/447-4700. **Sectional sofa**—Highland House (address above). **Lamp**—Selections, 757 E. Broad St., Columbus, OH 43204. **(*Top right*): Lamps**—Selections (address above). **Trunk on ledge**—Wooden Putter, 1441 Grandview Ave., Columbus, OH; 614/488-7888. **(*Center*): dining table and chairs**—Selections (address above). **Pillow**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

Pages 150–151 (*left*): cabinets—Premier Custom Built Cabinetry, 110 Short St., New Holland, PA 17557. **Slate floor tile, accent floor tiles**—Waterworks, 190 Main St., Westport, CT 06880; 203/227-5008; 800/899-6757. **Chair at counter**—Papagos, 1026 Post Rd., East, Westport, CT 06880; 203/222-7272. **Range**—Jenn-Air Co., 3035 N. Shadeland Ave., Indianapolis, IN 46226; 800/536-6247. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130. **(*Right*): tumbled brick for fireplace arch**—Devine Brothers Inc., 38



Commerce St., Norwalk, CT 06850; 203/866-4421. **Cobbled limestone for fireplace facing and hearth**—Connecticut Stone, Boston Post Rd., Orange, CT 06477; 203/795-9767. **Iron cocktail tables**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461. **Sofa slipcover fabric**—The Barn, 50 Hurd St., Bridgeport, CT 06604; 203/334-3396.

Page 152 (*left*): slate floor tile, accent floor tiles—Waterworks (address above). (***Top right***): **range**—Jenn-Air Co., 3035 N. Shadeland Ave., Indianapolis, IN 46226; 800/536-6247. **Antique hemlock countertop**—Gilyard Antiques, Bantam, CT 06750; 203/567-4204. (***Bottom right***): **antique stone sink**—Windsor Antiques, 43 Ruane St., Fairfield, CT 06430; 203/255-0056. **Granite countertop**—Ferazzoli Imports, 417 Washington Ave., North Haven, CT 06473; 203/234-1903.

PRIZE TESTED RECIPES®

Page 219 (*right*): bowl, "Grape Relief"—Wolfman-Gold & Good Co., 116 Green St., New York, NY 10012; 800/862-2288.

Page 220 (*left*): bowl & plate, "Vieux Luxembourg"—Villeroy & Boch Tableware Ltd., 5 Vaughn Dr., Suite 303, Princeton, NJ 08540; 800/845-5376.

READER SHOPPING

Page 32: Silk Ribbon Photo Frame Kit—Banar Designs, 431 South Main, Fallbrook, CA 92028.

Page 37: Embroidered Everlastings Sampler Kit—Banar Designs, 431 South Main, Fallbrook, CA 92028.

Page 52: *A Family of Value by John Rosemond*—Andrews & McMeel Publishing, 4900 Main St., Kansas City, MO 64112.

Architects & Designers

HEARTS AND CRAFTS

Pages 32–36: sachet, charm pins, and tussie-mussie—Diane Hunter.

TRICKS OF THE TRADE

Pages 112–113 (*left*): interior design—Jeffrey Bilhuber, Bilhuber Inc., 330 E. 59th St., Sixth Floor, New York, NY 10022; 212/308-4888, fax 212/223-4590. (***Right***): **interior design**—Sonja Willman Designs, 14356 Manchester Rd., Manchester, MO 63011; 314/256-0011.

Pages 114–115 (*left*): interior design—Tricia Foley, 1388 Lexington Ave., New York, NY 10128. (***Right***): **interior design**—Raymond Waites Design Inc., 290 Fifth Ave., New York, NY 10001; 212/629-7474.

Pages 116–117 (*left*): interior design—Joseph Ruggiero & Assocs., 4512 Louise Ave., Encino, CA 91316; 818/783-9257. **Design associates**—Susan Tempkin and Beth Ruggiero (address above). (***Right***): **interior design**—Jean LemMon.

Page 118: interior design—Mary Engelbreit, 800/443-6279.

HOME IMPROVEMENT CONTEST WINNERS

Pages 131–140: contractor—Art Weis, Jr., 2565 W. Hunt Club Circle, Glendale, WI 53211. **Contractor**—Ruvin Brothers, 2311 W. Good Hope Rd., Milwaukee, WI 53209; 414/352-4220. **Interior design**—Glenn Mielke, I.D.S., Carriage House, 10900 N. Port Washington Rd. 13W, Mequon, WI 53092.

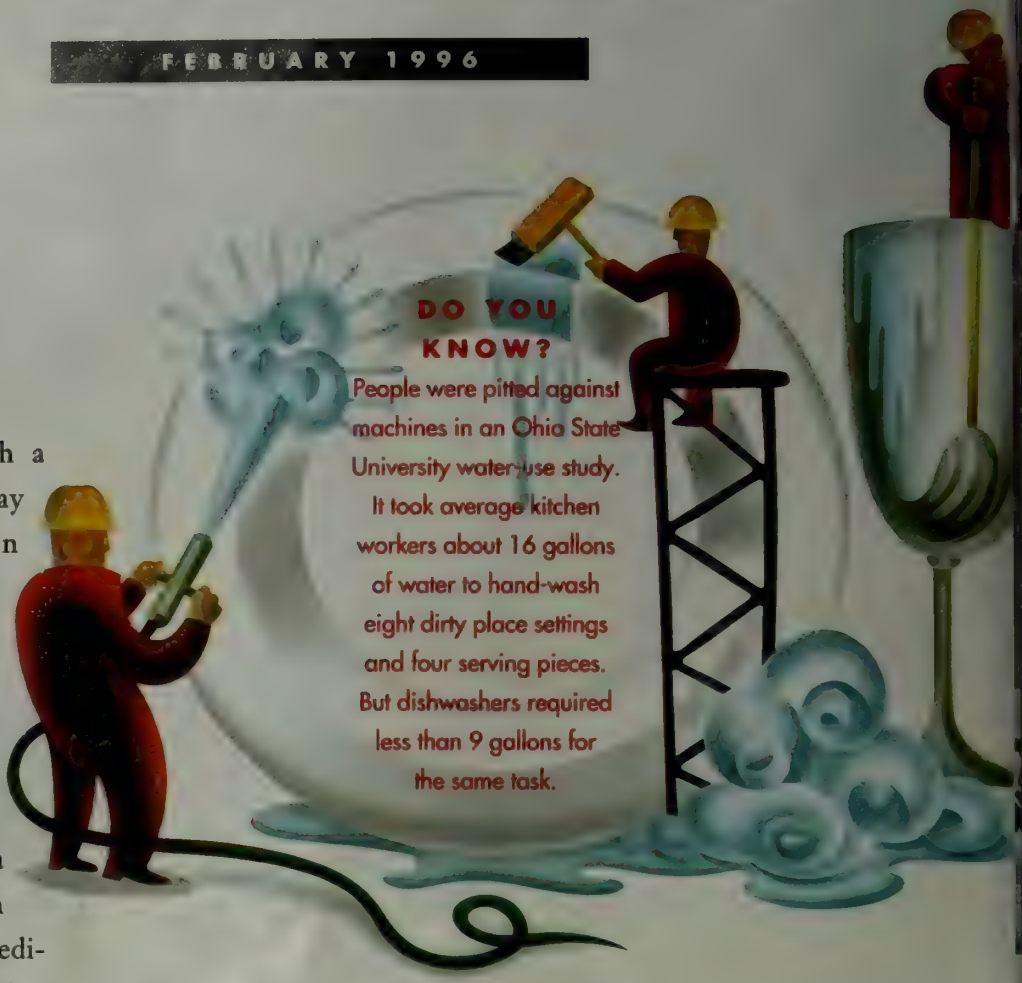
KEEPING ROOM KITCHENS

Pages 146–149 designer/builder: Kevin Knight, Kevin Knight & Co., 70 W. Olentangy St., Columbus, OH 43202. **Interior design**—Richard Sherman, ASID, 240 N. Fifth St., Columbus, OH 43202; 614/253-1700.

Pages 150–152: architect—Benjamin M. Baker Architects, 1424 Post Rd., Fairfield, CT 06430. **Kitchen cabinetry and consultation**—Susan Drake, CKD, Kitchen Design Studios, 21 South Ave., New Canaan, CT 06840; 203966-0355. **General contractor**—Lee J. Deemers Builder, Carmen Lane, Monroe, CT 06468; 203/261-6593.

our environment

FEBRUARY 1996



DO YOU KNOW?

People were pitted against machines in an Ohio State University water-use study. It took average kitchen workers about 16 gallons of water to hand-wash eight dirty place settings and four serving pieces. But dishwashers required less than 9 gallons for the same task.

RAY GUN VS. LEAD PAINT

Here's a new gizmo worth a hearty, "Gee whiz!" An X-ray fluorescent gun has been designed to test walls for the presence of lead paint.

The gun, called an XRF, looks as if it could have been used by space adventurer Buck Rogers against Ming the Merciless. But it's really a device for detecting lead in paint, whether that toxic ingredient is in the surface coat or lurking beneath layers. Although a zap



from the gun won't give as detailed an analysis as a lab test, an XRF burst provides instant feedback without removing paint and patching those scars.

Lead was used as a paint drying agent before 1978. It was banned after being linked to health problems, particularly in children.

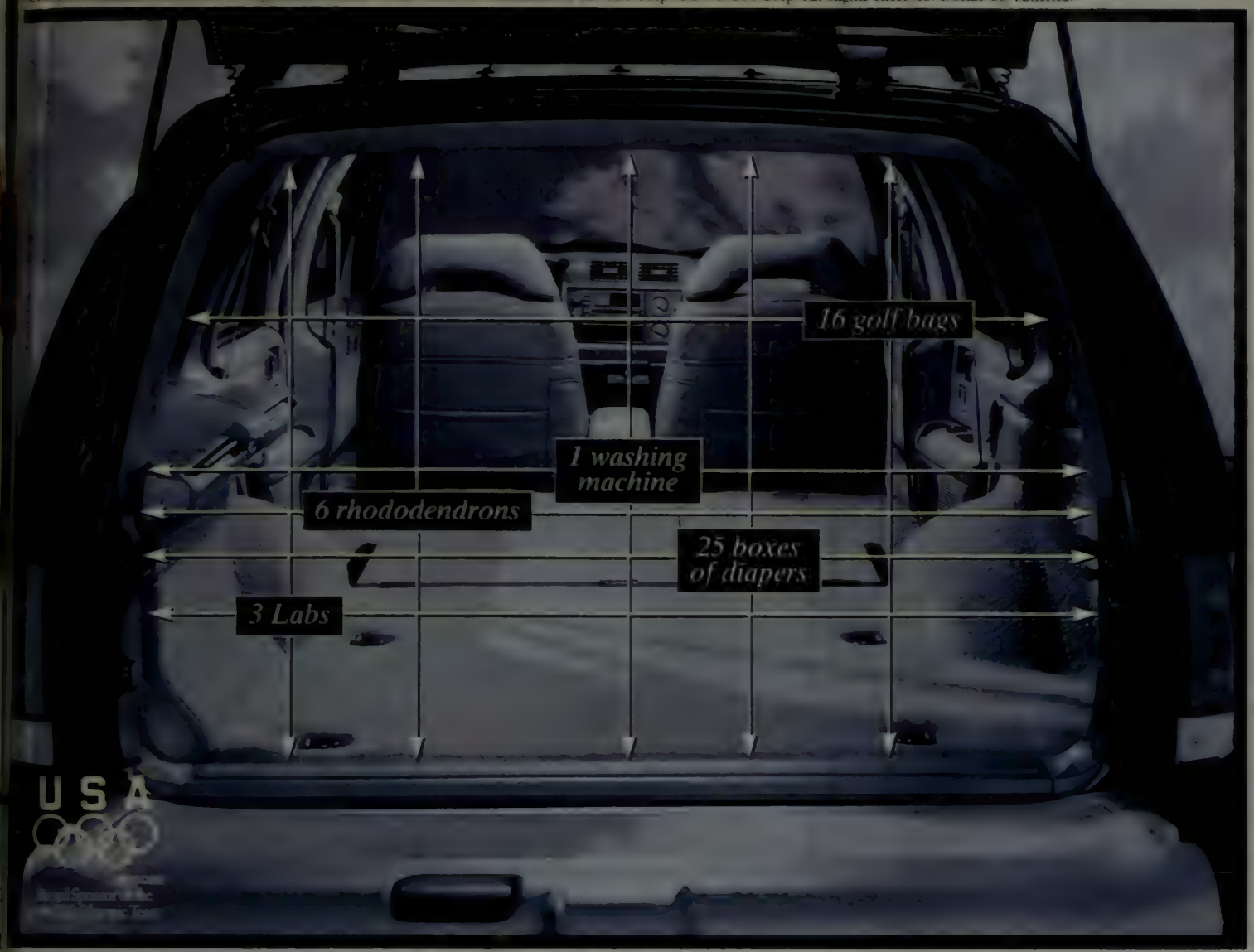
GETTING INTO HOT WATER

When your water heater goes belly-up, it's crisis time and you won't likely focus on environmental complexities. You'll just want to know the easiest, cheapest choice so you can get back to showering, dishes, and laundry.

But the water heater you choose can greatly impact the environment. Here are some common options and their implications for Earth.

- Tank-type water heaters. These 30- to 60-gallon storage models are the most familiar to homeowners. You'll pay less initially for electric-powered versions, but operating costs may be double what you'd pay for similar natural-gas-fired heaters. The hidden environmental cost with either style is constant heat loss through tank walls. So even new heaters should be wrapped snugly with an insulation blanket to retain heat and save energy.
- Tankless demand heaters. Instead of a tank, European-type demand heaters route plumbing past high-temperature coils to heat water instantly. This saves energy by heating only enough water for immediate use. Demand heaters have not been popular in the U.S. because previous models haven't matched the hot-water output of tank heaters. Now increased-capacity models are available to meet the needs of even the largest households.
- Solar heaters. Although solar systems are expensive to install, the sun's energy is free. Solar water heating has come a long way since the late 1970s when, encouraged by energy tax credits, cobbled-together units flooded the market. Solar units are more practical in Sunbelt states and may require gas- or electric-powered backups for gloomy days when clouds obscure the sun.

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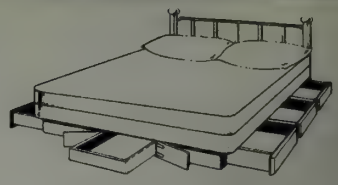
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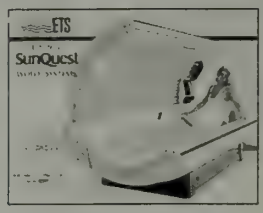


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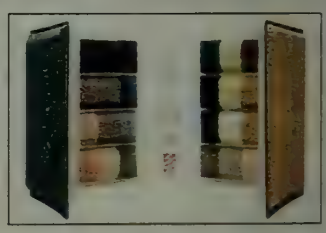
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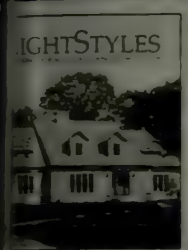
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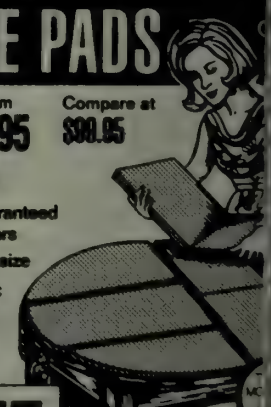
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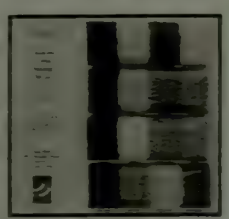
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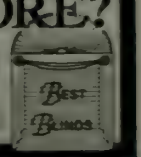
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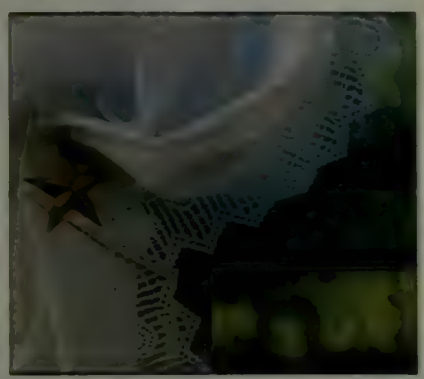
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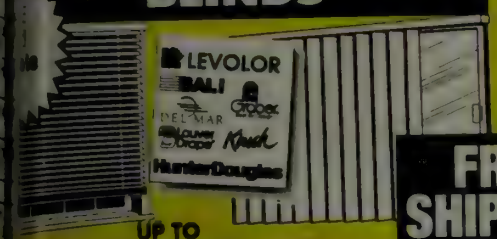
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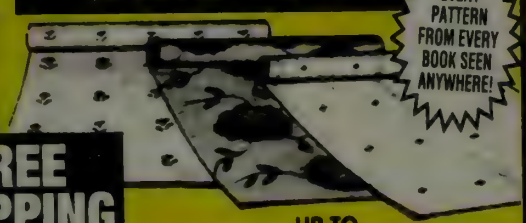
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Grandpa Hillis says he's at the "A&P" stage of life—aches and pains.

For the past few months, the exercise bicycle in our bedroom has been used as a coatrack, prompting Christine to say that a new treadmill "would be a lot more fun not to use."

Rosemary phoned from college that one of her classmates was getting high marks for his pithy observations in her philosophy class until the professor discovered the student was reading them off bumper stickers in the campus bookstore.

Time marches on for Elaine Cowan, who is discovering that while some male drivers still wave at her, most of them just want to call her attention to a low tire.

Dick and Dot Dresch confide that one of the best things about shopping late at night in our new 24-hour grocery store is that they can sing along to the music on the loudspeaker and "nobody gives a hoot."



"Don't bother your father while he's commuting."

Ed Harris was reminded of the optimism of youth when he and his young grandson, Justin, saw a fire in the hills and Justin refused to believe Grandpa's hose couldn't put it out.

Aunt Opal called last week to report that the only thing lower than the temperature where she lives is the balance in her checking account.

"One of the advantages of going the extra mile in life," the Rev. George Hall declared last Sunday, "is that you usually have the space along the way all to yourself."

Experience has taught hardware store owner Bill Casey that the time required to shake a can of paint is however long it takes to sell a brush, roller, and drop cloth to go with it.

Burt Jr.'s basketball coach reminds his athletes that defeat is a temporary condition. Quitting is the only thing that makes it a permanent affliction.

~After a recent snowfall, a pilot photographed a large circle with an odd inscription in a nearby field and sent it to the newspaper.

Editor Earl Reeves published the photo, facetiously suggesting that perhaps visitors from another planet had left a message. That brought a quick reply from our grinning police chief who said if there were any new creatures in town, he'd know about them.

Ah, but an extraterrestrial mystery it was not to be. A series of small footprints was soon discovered, some of which led to our 10-year-old Judy. She and her friends "confessed" promptly, saying they were sending a valentine message to outer space.

Anyway, it's the thought that counts, claimed Judy. Just because we could not read it didn't mean someone or something else couldn't.

I had to chuckle. It reminded me of all the times I sent valentines to girls who didn't even know I existed.

Burton Hillis

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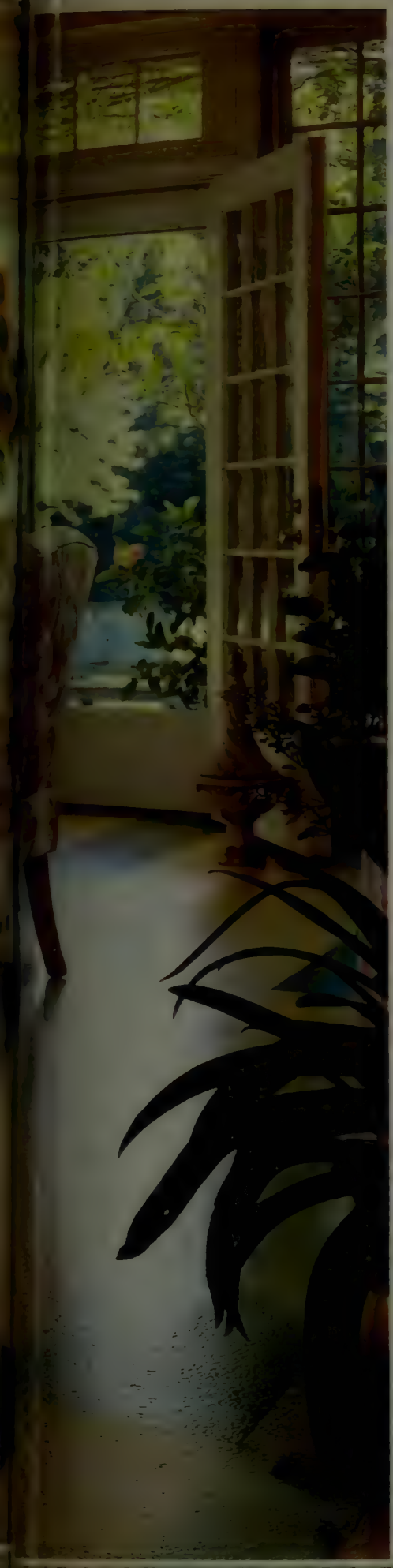


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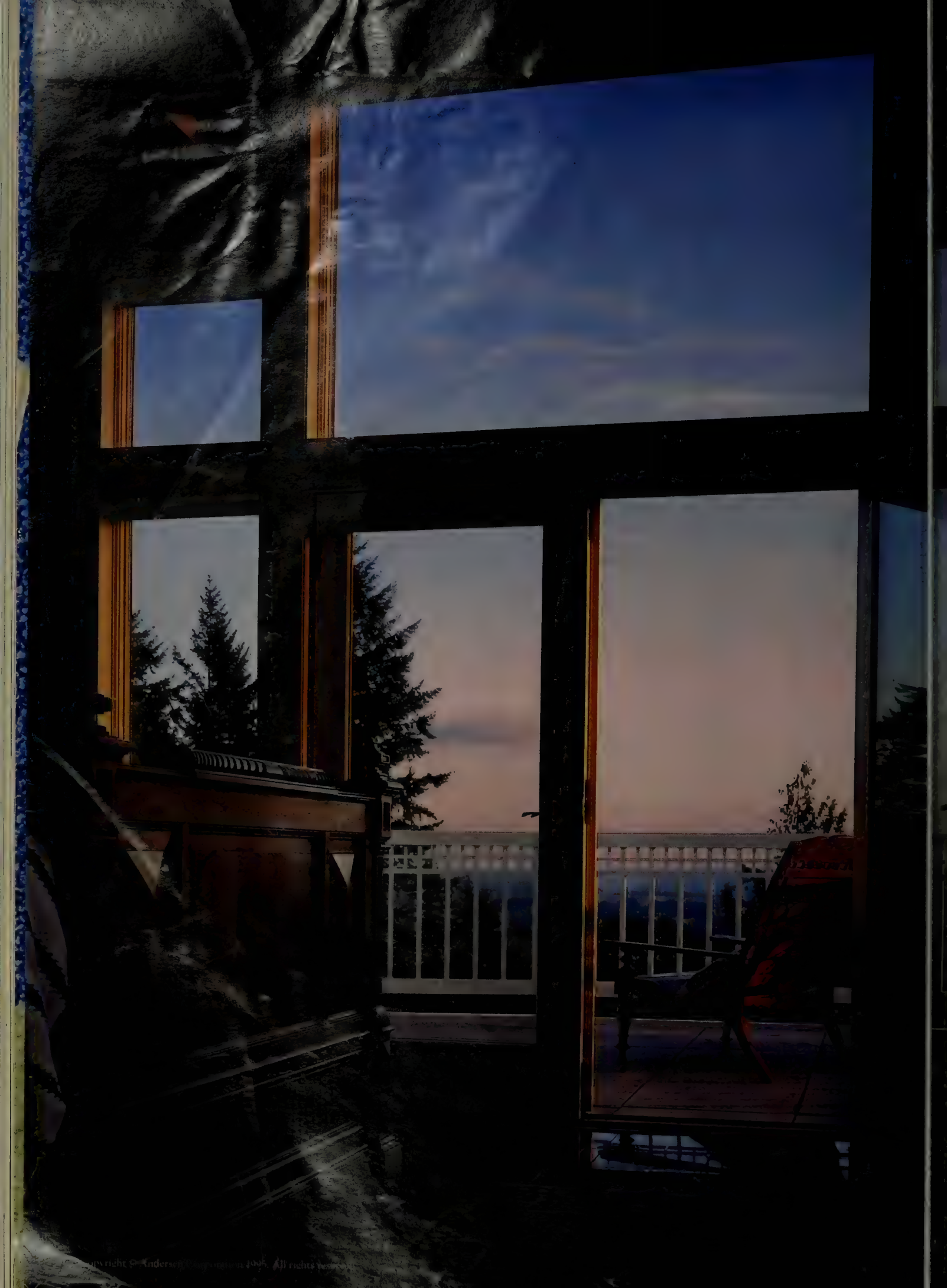
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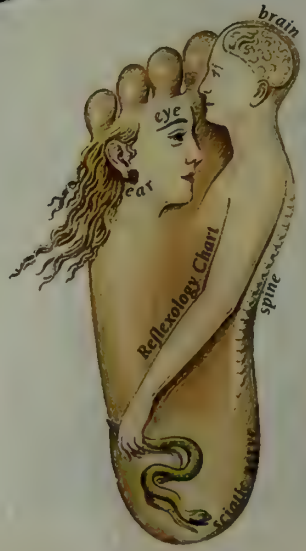
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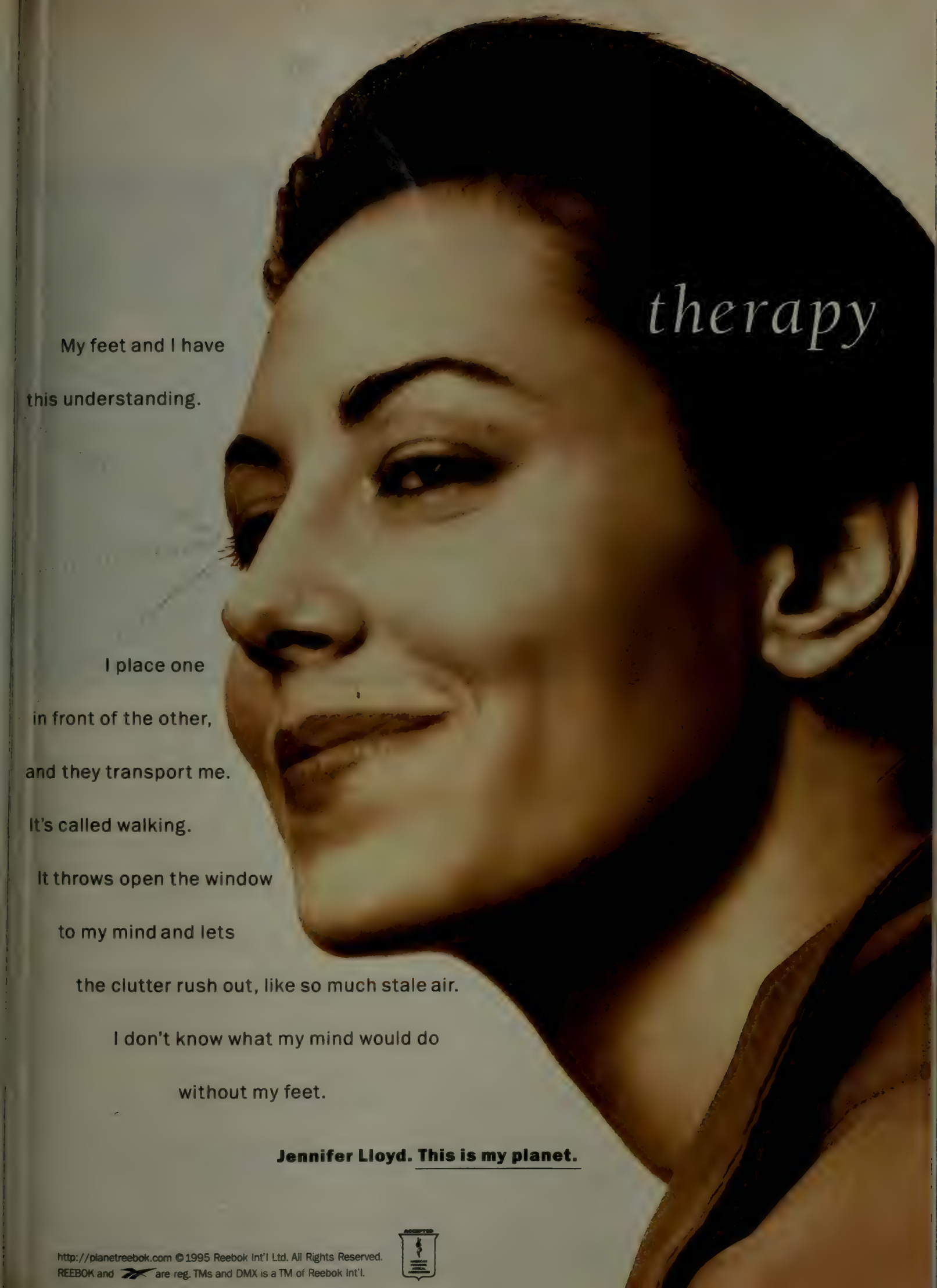
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CONTENTS

March 1996

VOLUME 74 NUMBER 3

161
On the Cover: All My Children
Stylish, kid-friendly comforts for family homes





129
Antique Annuals
Pristine beauties that sow themselves

184
Winter Fresh
Savor the season's freshest fruits and vegetables





139
Blue-Ribbon Baths
Tour two of our hands-down favorites

FRIENDS AND FAMILY

Editor's Letter 14
Family Network® *Readers' solutions to family problems* 24
BH&G Kids™ *Gooey stuff* 226
The Man Next Door® *Writes about family, friends, and neighbors* 254

GARDENING

Smart Gardening *Tips to save you time and money* 117
Gardener's Almanac *A long-blooming perennial for shade* 126
Antique Annuals *History, romance, and lots of bloom* 129

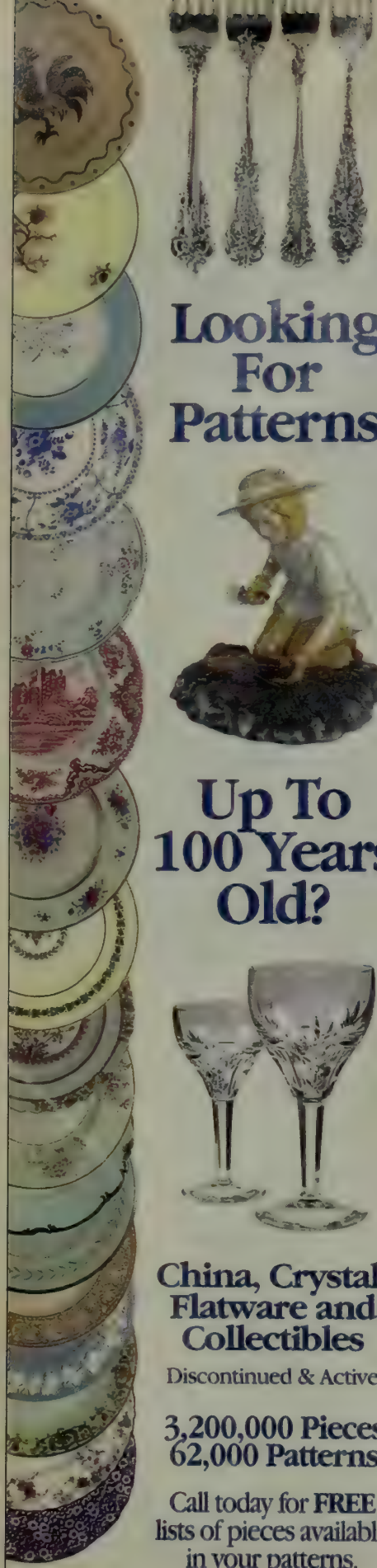
DESIGN

Style in the Making™ *Uplifting ideas for the staircase* 32
Flower Arranging Made Easy 40
Mantelscapes *Display tips to add spark to your fireplace* 114

continued on page 10

Cover Photograph: Jamie Hadley

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continued from page 9

All My Children *Decorating family style*.....161
New Turns with Old Knobs.....174
Sofa Makeover *Up-to-date ideas for your upholstery*.....180

BUILDING

Special-Order Kitchen *'30s nostalgia meets '90s needs*.....96
Quality Home Plan *Echoes from the past*.....106
Hearths and Your Home *Fireplace ideas*.....108
Blue Ribbon Baths *Prizeworthy features*.....139
Making Room for Work, Friends, and Family.....151
Tips, Tools, & Techniques.....244

FAMILY MATTERS

Parenting *Frantic family syndrome*.....52
Education *The good news about our schools*.....54
Our Environment *Cleaning the air*.....240
Auto Update *All about color*.....242

HEALTH

The Doctor's Healthful Garden.....62
Fitness *Work out to zonk out*.....78
Good Food/Good Health *Liberated from bone loss*.....82
Estrogen—Friend or Foe?.....90

FOOD

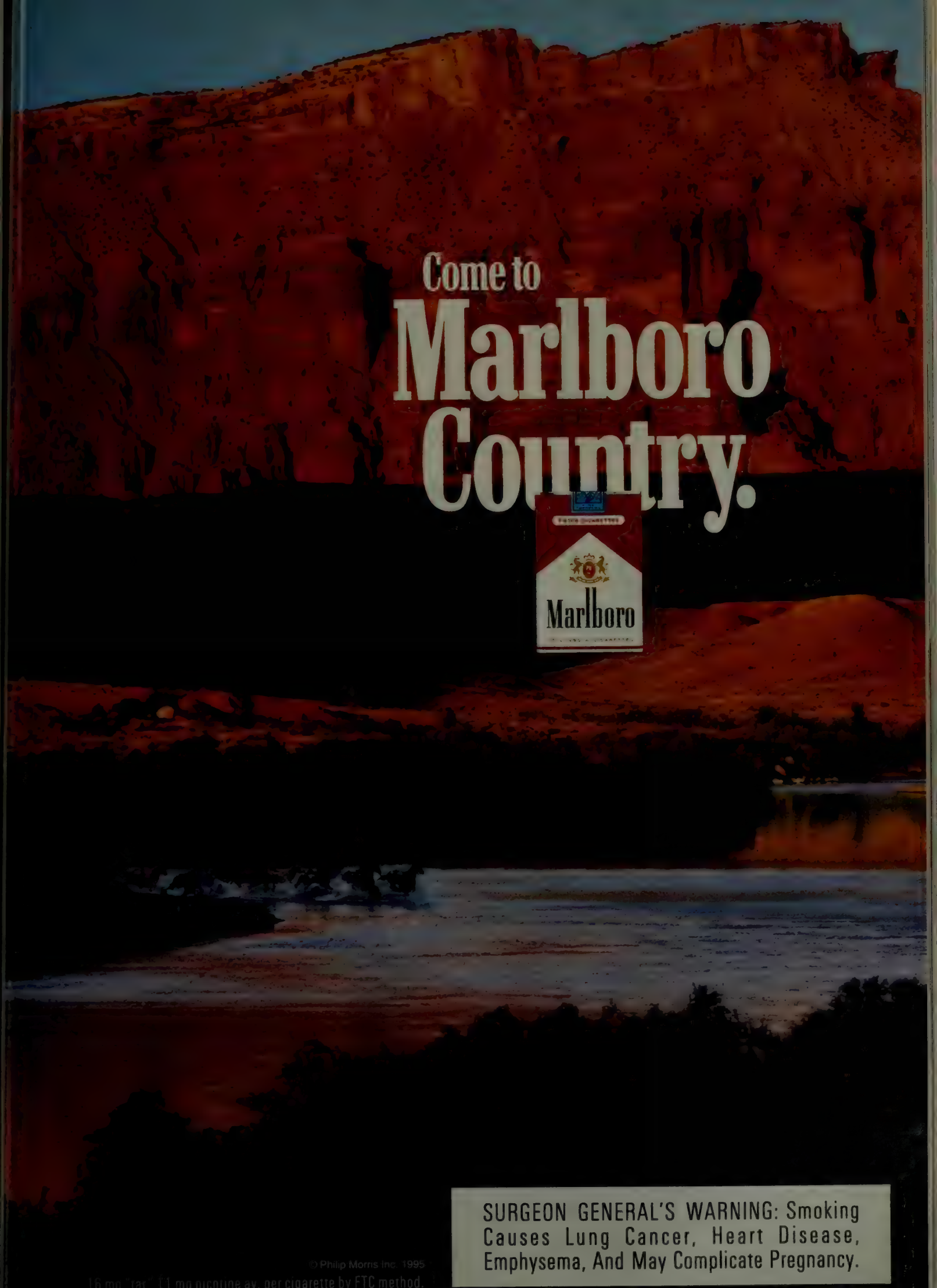
Winter Fresh *Best-of-the-season recipes*.....184
The Clever Cook™.....217
Win Money and Prizes for Your Recipes.....219
Why Irish Eyes are Smiling *Ice cream with a twist*.....220
Prize Tested Recipes®
Breakfast and Brunch Favorites, Mushroom Ideas.....223

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers*...246
Directory of Architects and Designers.....246
Reader Shopping
Flower Arranging Patterns Set.....50
Healthy Garden Plant and Seed Collection.....77
Natural Health, Natural Medicine book.....77
Antique Annuals Seed Collections.....125
Kid's Squish Book.....234
Rainbow Tie-Dye Kit.....234
The Shopper's Mart.....248

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For more recipes and fabulous food ideas, visit *The Better Homes Kitchen* on the Compuserve Information Service. The access command is **GO KITCHEN.**



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A.

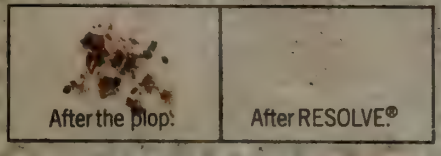
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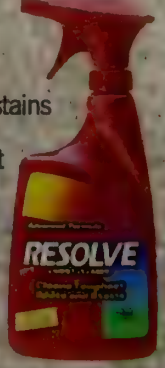
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between friends



ANDY LYONS

Rain, sleet, snow—all those things that couldn't keep the Pony Express riders from getting through—don't seem to have slowed today's mail carriers either. Jerry, my mailman at home and one of the best in blue, diligently lugs pounds of catalogs and junk mail each week. But, he carefully sorts the important envelopes—the bills and letters from friends and family—and rubber-bands them together for me.

At the office, my assistant Silvey does the same thing (although she doesn't have to trudge through sleet and snow). From the mounds of post office stuff we get each day, she separates the most important envelopes—letters from readers. Those are the ones I often take home to read because each one is like a letter from a friend, chatting about favorite things or offering suggestions for stories.

If you're one of those friends who has written, we want you to know we value your ideas. Since its launch in 1922, our magazine has always invited reader involvement. It still does. Not only in letters, but in your contributions to "Family Network," "Tips, Tools, and Techniques," "Clever Cook," and "Prize Tested Recipes." These are all features *you* write! This is really *your* magazine! That's probably why it's taken on the feeling of a neighborhood—a place where we all share ideas to help each other create better homes and better gardens.

So, keep those letters coming. You're an important part of the *BH&G*® neighborhood.

Jean LemMon

Jean LemMon, *Editor in Chief*

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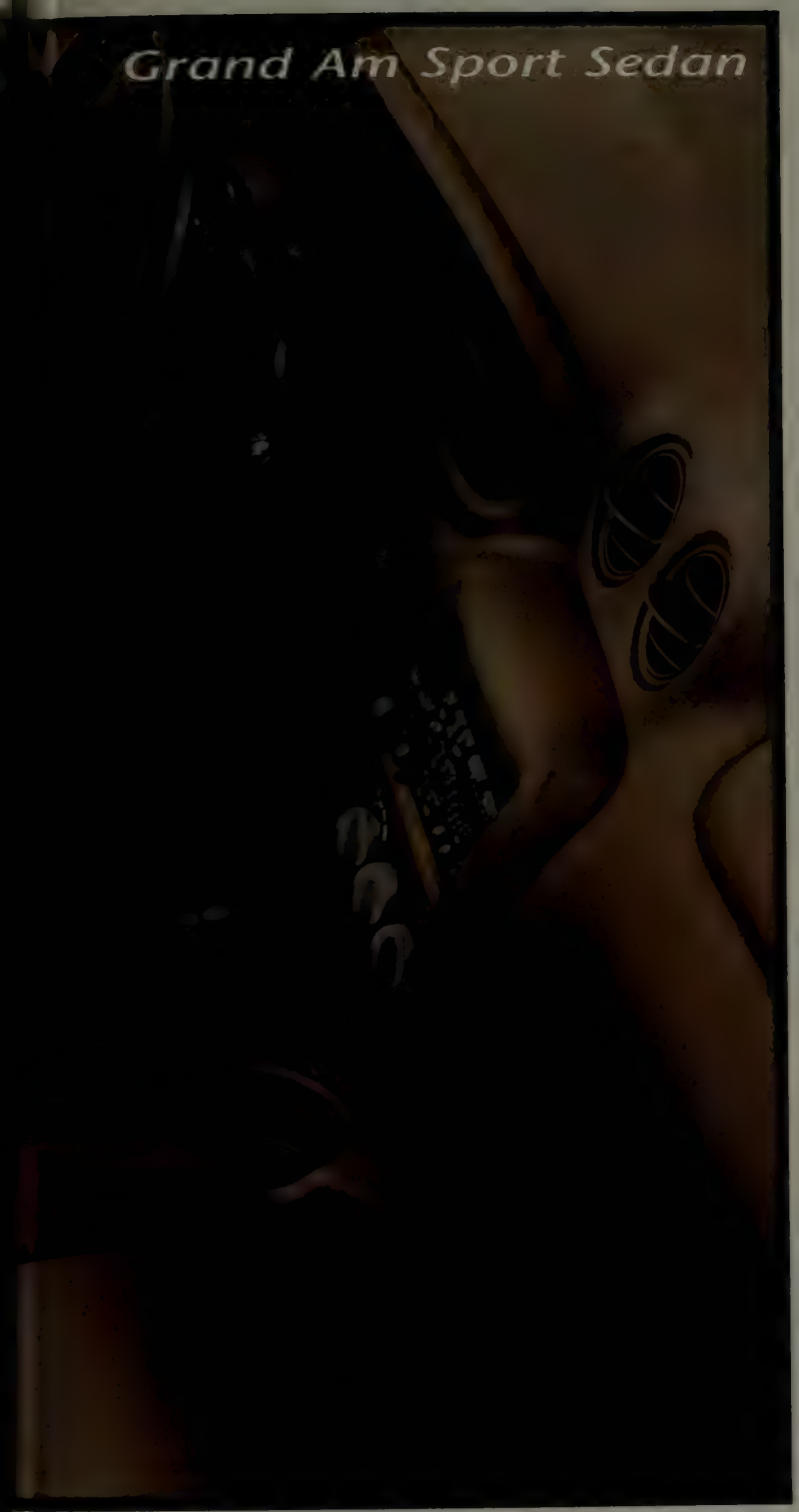
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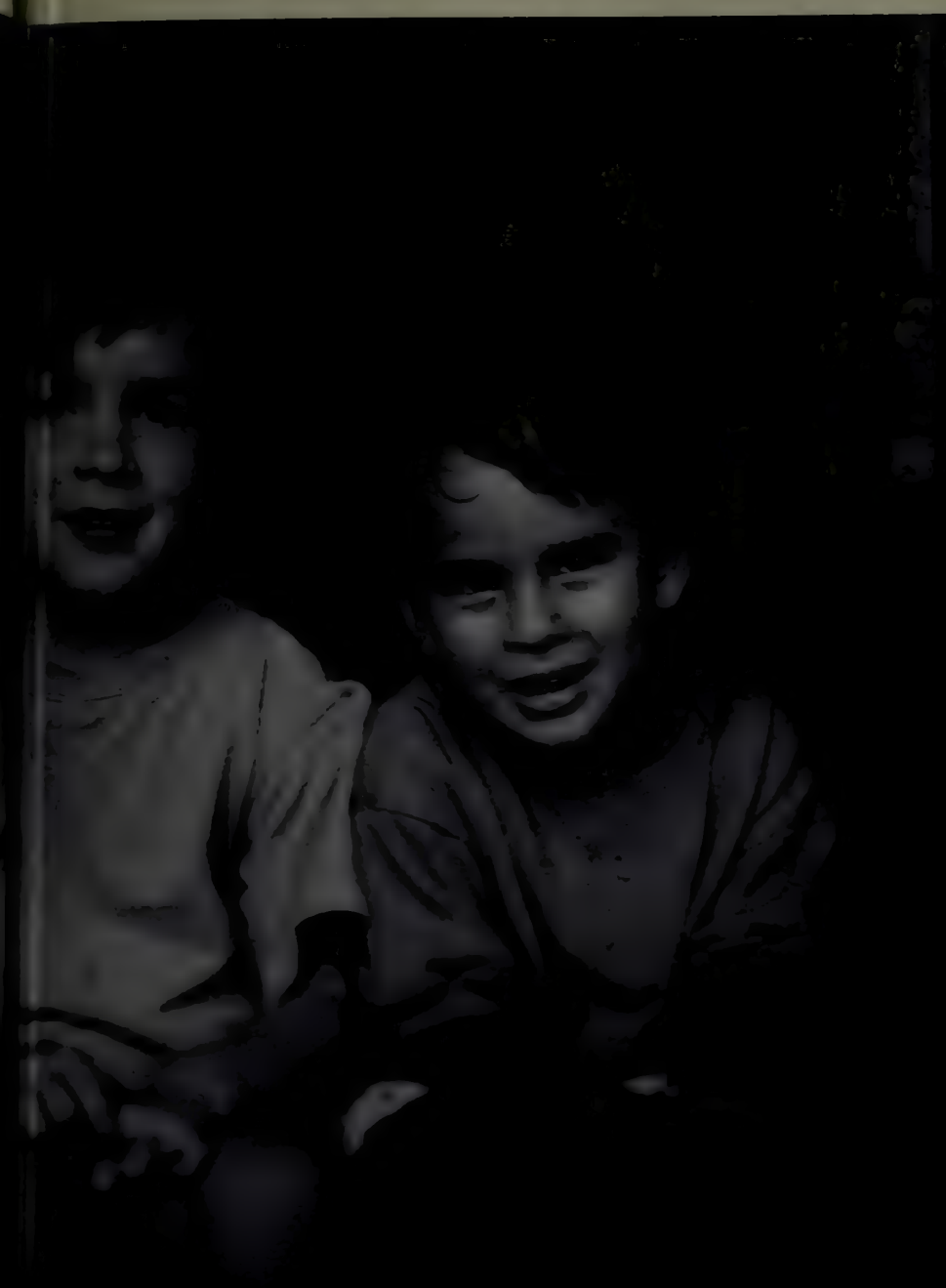
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When my son went to college, I packed a medicine bag for him, with thermometer, aspirin, antacids, etc. He was grateful to have everything he needed when he needed it.

Katie McGivel
Miami, Fla.

STEERING CHILD'S SPENDING HABITS

We encourage our 7-year-old daughter to spend her allowance wisely by offering to pay half the cost of what she spends on educational items (books, toys, equipment, or software). She's happy to be able to buy more things, and we're comfortable knowing she's learning.

Nita Shih
Southfield, Mich.

LIGHTING UP WINTER

We took leftover Fourth of July sparklers outside and used them on winter nights. Seeing them reflect on the snow was even more fun than in July.

Kate Gateley-Jameson
Hagerstown, Md.

SIBLING BREAKFAST

One tradition in my husband's family is an annual breakfast for the siblings. While the get-together does not replace the family reunion and other gatherings, it's the only one attended by just the brothers and sisters and their spouses. They take turns planning this event, which is designed to reinforce the bond shared by those who grew up under the same roof.

Ruth Jacobs
Gallipolis, Ohio

HAPPY EASTER HUNTING

My older child, age 5, can find goodies on Easter egg hunts faster than my 1-year-old. To remove the inequality while maintaining the fun, I give each child a muffin pan to fill with paper bake cups containing one or more goodies I've hidden. When they've found a cup for each spot in the pan, they can begin enjoying what they've found.

Sherri Hruby
Lacey, Wash.

LANGUAGE OF FRIENDSHIP

I took Italian as my foreign language during high school. My mom suggested I get a pen pal from Italy to improve my skills. I wrote her in English and asked her to translate her Italian into English on the reverse side of her letters. By the end of the year, my Italian was very polished. But the best part was making a new friend.

Esmeralda Mejia
Los Angeles, Calif.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each idea published, if you provide your Social Security number.

Every day, thousands of women call the Monistat 7 800 line with questions. Here are the three we hear the most...and the three answers we give.

Is it okay to have sex while I have a yeast infection?

It's not really a good idea and here's why. Even though a vaginal yeast infection is not considered a sexually transmitted disease, like gonorrhea, it is possible to transmit the infection to your partner. If he develops penile itching, redness, or discomfort, he should consult his doctor for appropriate treatment. Also, it's been reported that in a few cases, partners can actually harbor the organism that causes the yeast infection and then reinfect the woman.

What if I have my period?

Your period won't affect how MONISTAT® 7 works so don't skip days. Once you begin your treatment, continue the treatment for seven days, even during your period. However, tampons can absorb the medicine. So skip the tampons and switch over to sanitary pads during this time.

Do I have to use Monistat 7 for the full seven days?

Absolutely. Even if your symptoms go away in the first three or four days, you must use Monistat for seven days in a row. You may feel better sooner, but the organisms causing your infection may not be eliminated yet. Continue using Monistat to completely eliminate your infection. If you don't feel complete relief within seven days, or your symptoms return within two months, then you may have something other than a yeast infection and you should talk to your doctor.

Trust the cure you know.

If this is your first yeast infection, call your doctor. But if you've had one before, you'll want a cure you know is safe and effective. That's why:

- More doctors recommend Monistat 7
- More women choose Monistat 7 for themselves
- More vaginal yeast infections have been cured with Monistat 7 than any other treatment

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The number one recommendation of doctors.

MONISTAT® 7

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The three most asked questions about yeast infections.

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Boyfriend Wanted

By Rebecca Ann Stratton

My name is Becky Stratton. You don't know me from Adam. But, I'm a real person. I'm single now. I live near Roswell, GA. I have an associate degree in finance. And, up until 18 months ago, I was so inhibited, I hardly had the courage to say "hello" to people.

I was too tired to be romantic with my then-husband, Bernie. I'd fall asleep on the couch every night at 8:30 or 9:00. When he did take me out, he was ashamed of me. And said so in front of everyone.

When I walked, my thighs brushed together. I couldn't even cross my legs. I was fat. Not just "overweight." Fat. I was 5' 4" and weighed over 200 pounds.

Two years ago, Bernie went out "... for a paper." He never came back. But he did leave a "Dear Becky" letter on my dresser. And a week later, he filed for divorce.

I went to my doctor for help. I knew my weight was the source of my problems. But I'd tried 15 different diets. One by one. And failed at all of them.

My doctor listened carefully, then he recommended an entirely different program. This wasn't a "diet." It was a unique new weight-loss program researched by a team of bariatric physicians — specialists who treat the severely obese. The program itself was developed by Dr. James Cooper of Atlanta, Georgia.

I started the program on April 22nd. Within the first four days, I only lost three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Rapidly. Within the next 189 days, I went from 202 pounds to 133 pounds.

The reason the program worked was simple: I was *always* eating.

I could eat *six times every day*. So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could even snack at night while I was watching TV.

How can you eat so much and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates, and certain proteins that generate a calorie-burning process that continues all day long ... a complete 24-hour fat-reduction cycle.

Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No weird stuff. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too ...

- There are no amphetamines. No drugs of any kind.
- No pills. No powders. No chalky-tasting drinks to mix. Everything's at your local supermarket. No special foods to buy.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- It's low in sodium, so you don't hold water.
- You eat the foods you really enjoy. Great variety. Great taste.
- You can dine out.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you can keep it off. Permanently! Because you're not hungry all the time.

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's why they fail!

The Clinic-30 Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are other patients from Georgia who entered Dr. Cooper's Clinic-30 Program ...

- Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

"In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain. Both my wife and I enjoy the meals."

- Renate M. was a G.I. bride f Germany who went from 212 to 140. 8½ months.

"I believe I was a participant in e weight-reducing plan there ever wa failed at all of them. Then, about years ago, I started the Clinic-30 Progr And I haven't regained a pound."

And then there's me.

Bernie did me a very big favor.

Since I've become thin, my life changed. Totally. I quit smoking. I hav good job. I love to shop for nice clothes. I'm in control again.

I'm very particular about who I dat really am. I'm looking for a guy who re cares for me. Who won't abuse me physically or verbally. And who enjoys do fun things on the spur of the moment.

Obviously, I'm excited about program. This is the first time been available outside of a clinical setti Dr. Cooper has asked Green Tree Press, I to distribute it.

They'll be happy to send you the progr to examine for 31 days. Show it to yo doctor. Try it. If you're not delighted with t amount of weight you're losing, you'll rece a complete refund. Every penny. Ev shipping and handling.

What's more, Green Tree Press won't ca your check for 31 days. You can postdate it days if you wish.

Choose a day and start the program. you don't begin losing weight within fi days — and continue losing weight — you promptly receive your *original uncash check*. No delays. No excuses.

Or keep it longer. Try it for six month Even then, if you're not continuing to lo weight on a regular basis, you'll receive full refund.

To order, just send your name, addre and postdated check for $12.95 (plus $3.(shipping/handling) to The Clinic-30 Progra c/o Green Tree Press, Inc., Dept. 93 3603 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER

As your weight begins to drop, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight-loss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.

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50th anniversary tribute by acclaimed carousel artist William Dentzel III

THE CAROUSEL ANNIVERSARY CLOCK



*the first time
breathtaking
arousel art
ncased in a
agnificent
nniversary
clock.*



*shown smaller
actual size of
7.78 cm)
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Every detail of the magnificent rose horses is meticulously hand-painted in an array of pastels.



The Hermle clock face is of lavishly hand-decorated porcelain.

ustav Dentzel created the world's most acclaimed style of carousel art, sought today by private collectors and muse- around the world. Now in celebration of the 150th anniver- of Gustav Dentzel's birth, William Dentzel III creates a stun- carousel clock as a tribute to this remarkable legacy.

A dazzling carousel in marvelous miniature. Every detail iculously hand-painted to beautiful effect. Then masterfully tured in a sensational anniversary clock by world renowned clock maker Franz Hermle & Sohn. Dentzel horses move to and fro in place of the traditional pendulum. An imported heirloom-quality treasure to display for all time. Exclusively yours for $195, payable in convenient installments.

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upstairs, downstairs

Step up to stylish stairs. Give your risers and treads a lighter, livelier personality using wallpaper and paint leftovers, plus a few basics borrowed from the wood shop.



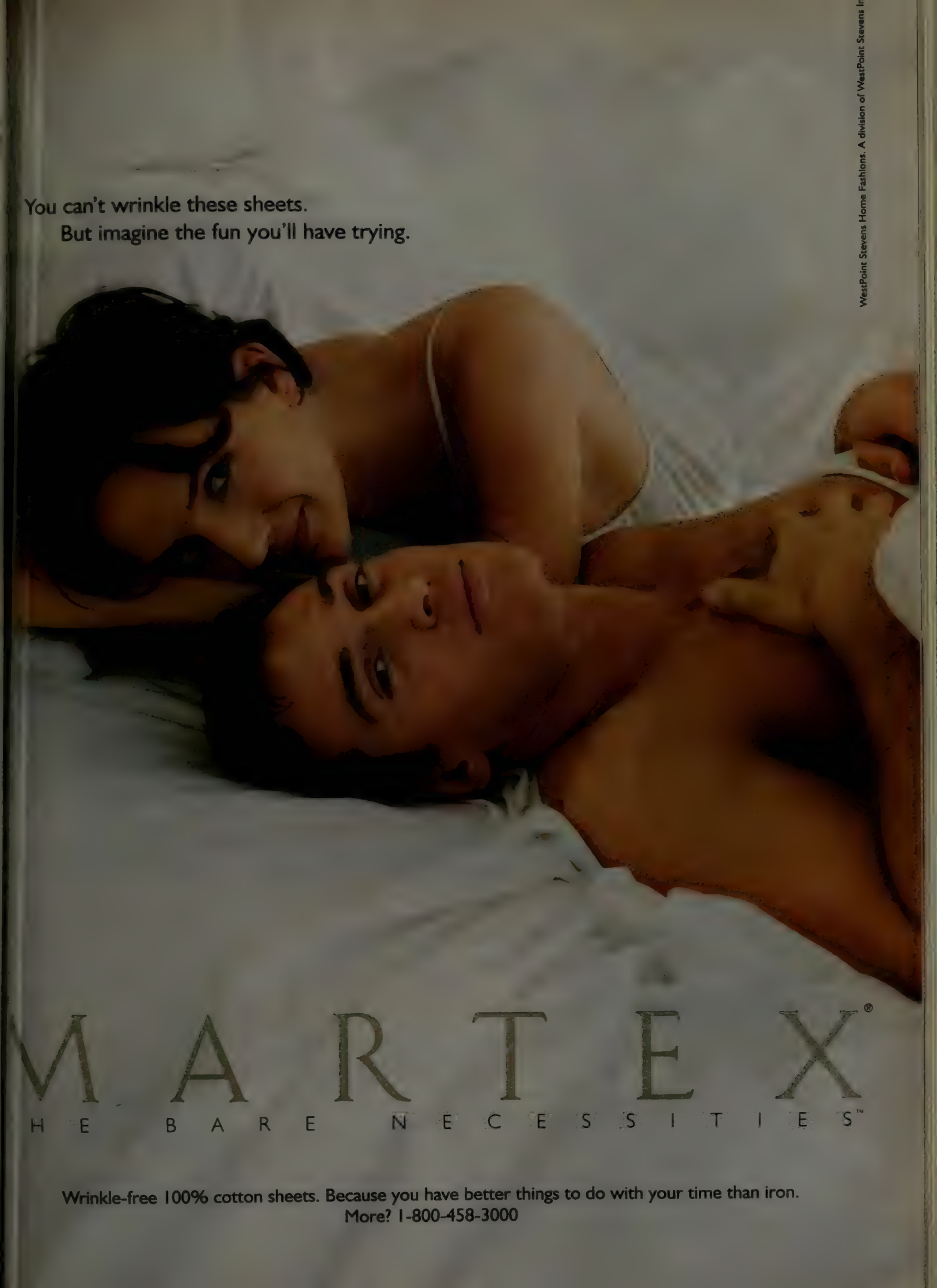
STENCIL TO YOUR HEART'S CONTENT

This stair runner is guaranteed to never slip—it's painted right on to the stairs.

Using a measuring tape, a straight edge, and a well-sharpened hard lead pencil, mark the center of each step and riser. For the runner's center band, measure out and mark an equal distance from each side of the center line. (The width will vary with the size of your stairs.) Working from narrow to wide (about ¾ inch to 3 inches), mark three sets of lines, forming the outside borders of the runner. Mask off the mid-section using low-tack painters' tape, then paint this center section. After that paint dries, mask off the narrowest border and paint it one of your border colors. After the paint dries, remove the tape. Repeat until all borders are painted.

Cut a heart or any other simple shape from a manilla folder or stencil Mylar. If you have trouble drawing a pleasing shape, trace around a cookie cutter or purchase a precut stencil from a crafts or paint store. Mark where you want the center of each heart to be, then stencil a heart onto each step. If you place your motif off-center, it will get less traffic and wear better. After the paint dries, seal the stairs and risers with a coat of floor- or deck-finish polyurethane.

Editor's note: For safety reasons, we do not recommend putting anything on stairs. We placed objects in the photographs as style hints. *continued on page 34*


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upstairs, downstairs



OFF-THE-WALL PATTERNS

Tiptoe among the flowers on stairs warmly dressed in chintz-inspired wallpapers.

Perk up your treads with remnants of wallpaper. Select patterns from other parts of the house for visual flow from room to room, or pick new patterns to showcase your stairs. Combine coordinating but contrasting patterns on the stairs themselves, remembering that geometrics mix easily with florals. Look to wallpaper books for pattern-mixing help.

Adhere one pattern to the risers and the other pattern to the baseboard and side board, following the wallpaper manufacturer's instructions. For visual punch, outline your basic patterns with a narrow border of geometric pattern, such as this snappy lineup of black-and-white checks. To create it, cut black and white checked, self-adhesive vinyl paper along the rows. A rotary cutter and mat used for cutting quilt pieces make the cutting job a snap. Apply the vinyl to the outside borders of the baseboard and wall and just under the lip of the stairs.

continued on page 36


You Can
Get
Softness
and
Body
Under
one
Condition.
FINESSE
Softness and Body?
That takes Finesse.

upstairs, downstairs



NO MORE RUNAWAY RUGS

For a colorful, textural lift, anchor a rag-rug runner in place with dowels and screw eyes.

Add a runner to wood or carpet-covered stairs for an extra aisle of interest. If you like a countrified, painted-wood look, pick several soft shades from a woven stair runner, then paint alternating risers in those colors. Note: To save money and match colors more easily, use the small bottles of acrylic paints at crafts stores. The risers don't get any wear, so acrylic paints will be durable enough. These paints are thinner than most latex paints, so two coats may be needed.

To install your runner, begin by cutting ½-inch wooden dowels two inches longer than the width of your runner. Paint the dowels to blend with the runner. Lay the rug in place, then put the dowels at the base of the riser. Make a mark ½ inch in from the end of each dowel. Drill a small pilot hole at each mark, then screw the screw eyes in place. Slide the dowel through both screw eyes, securing the rug to the stairs.

continued on page 38

Tastes naughty.

{But it's not.}

Introducing rich, creamy BREYERS® Light. The deliciously indulgent non-fat yogurt inspired by your favorite desserts. Available in a variety of decadent flavors.



upstairs, downstairs



SPONGING RISES TO THE OCCASION

Dabble away the afternoon with a natural sea sponge and a bucket of paint.

This sponging technique mimics old-fashioned pottery. If azure or cornflower isn't your shade, pick the predominate color from surrounding walls and rooms.

Mask off the stairs and wall using low-tack painters' tape. Coat the risers and woodwork with white paint. Tear away a fist-size piece of natural sea sponge. (You'll find natural sea sponges in bath shops and some paint stores.) Wet the sponge with warm water, then wring it dry.

Lightly dip the sponge into your paint, then tap it onto paper towels or newspaper until it leaves a smooth pattern. Dab the sponge onto the stair risers until the color becomes faint. Use the different textures formed by the sponge's natural inconsistencies to create an interesting, random pattern. Load the sponge with more paint and repeat the process. As quickly as possible after the paint dries, remove the painters' tape.

Buying information, page 246

usan takes a westbound

train traveling at x mph.

She then walks more than

y blocks to work.

What shoes can Susan

wear that a) match her suit;

b) cushion her feet; and

c) cause multiple coworkers

to ask her where she got them?



For days lasting well beyond 9 to 5, Susan's legwork is so much more comfortable in Naturalizer's Margarita, 10 wide.



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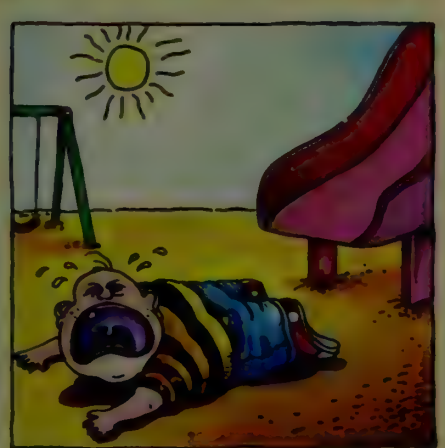
flower arranging

made easy

From Georgia O'Keeffe's dramatic single blooms to Monet's famous water lilies, the beauty of blooms has inspired the brushstrokes of generations of painters. But if your flower arranging skills depend more on strokes of luck than strokes of genius, we've got good news for you. On the following pages we'll reveal some secrets on creating artful arrangements like the rosy gathering, *above*. We even have a surefire pattern for success that will help you get started.

by Bonnie Maharam and Jilann Severson

continued on page 42





Things always look better after dark.

Milky Way DARK

SMOOTH OUT WITH MILKY WAY DARK.™

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flower arranging
made easy



To practice your arranging skills, silk flowers make a durable stand-in for the real thing. Shop for better-quality stems for fool-the-eye beauty. Whether silk or real, some flowers are rigid, others are soft. Some are straight, others curve or droop. Mixing textures creates drama; combining similar textures yields formality.



Florist foam, or oasis, is the base for arrangements. Trim the foam to fit your vessel snugly. Our arranging patterns *(to order; see page 50)* use a paint-by-numbers principle to guide you to a pleasing bouquet. Glue the pattern to the foam top (this limits water usage, so silk flowers are best). The pattern shows the placement of specific blooms.





Cut the flowers to the desired length. If in doubt, leave them long for a final trim. In this fan-shaped arrangement, the flowers are eight inches long. Place the stems of the strongest flowers in the oasis. Strength is determined by size, color, shape, importance, or a combination. Bend the stems of silk flowers for a natural look.



Fill in the arrangement with flowers that cascade over the edge (in this case, boxwood), other large blossoms (lilacs), and accent flowers (echium). The fuller your arrangement, the lusher the look, so you may want to buy or pick more flowers than you think you'll need. Use sphagnum moss to cover any exposed foam.

continued on page 44



flower arranging
made easy

Just as it does for a room, color helps create an arrangement's mood or style. Country colors have greater variety, formal decorating is more subtle or monochromatic in coloration, and contemporary colors offer vivid contrast. The arrangement, *right*, gathers flowers from the same color family—from the pale peach rose to the vibrant saffron freesia—for an elegant, formal look. The varied bouquet, *opposite page*, extends a more casual greeting.



SWEETENED FLAVORED GROUND COFFEE THA



The container anchors an arrangement, both literally and visually. Silk flowers—or a wet oasis in a plastic bag—let you look beyond standard vases for creative vessels: a cracked tureen, terra-cotta pot, or silver coffeepot are just a few options. When selecting a container, avoid a 50:50 balance of container to flower height. Width factors in, too. Here, the heights are similar, but the flowers are over twice as wide as the vase, making the proportions pleasing.

continued on page 50





The "Whitney" Porcelain Doll

PLEASE RESPOND BY: MARCH 31, 1996

YES, please reserve "Whitney." Limit one. I understand the first installment will be billed before shipment.

- SEND NO MONEY NOW
- 3 PAYMENTS OF $21.80* (shipping included!)
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*Total price of $65.39 includes $5.44 shipping per doll. Sales tax added to shipments to Illinois. Please allow 6 to 8 weeks for delivery. Total price $84.95 plus shipping, handling and applicable taxes.

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On a summer day, "Whitney" loves to toddle after the bright butterflies. Then she discovers that if she sits quietly, they will come to her! She plops down on the grass, and soon a butterfly alights on "Whitney's" finger. Then it flutters away as she giggles with delight.

"Whitney" is the first issue in the Magical Moments of Summer collection by artist Yolanda Bello. She's hand-painted porcelain, dressed in a sundress with floral embroidery, satin ribbons and lace.

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"Addie" has wonderful adventures planned all year long. Here are some future "Addie" issues you'll have the opportunity to acquire:



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Every "Addie" comes with a book-shaped storage box for her accessories!

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Gallery Teddy Bears

Bears to Cherish from Ashton-Drake

ry girl knows that the proper outfit is a st for every occasion -- and "Addie's" no eption! Here she is, in her "back to ool" ensemble, showing off her special ss, new shoes, and wonderful straw hat. e has a dolly to take along (in case she s lonely), school supplies, and even an le for the teacher!

lery Teddy Bears, a division of Ashton-Drake Galleries, udly introduces a delightful llectible teddy bear, the first e in the *A Year With Addie* col- ion.

fted of soft honey plush, "Addie" is com- tely hand-assembled, right down to her d-stitched little nose. Her eyes glow with pride as she shows off her outfit, and she seems quite satisfied that she's dressed for success!

Designed exclusively for Gallery Teddy Bears by the award-winning bear artists Barbara Conley and Tracey Roe, "Addie" is fully-jointed and poseable.

Bring her home for only **$39.95***

Because she is a collectible teddy bear, your "Addie" will be hand-numbered, and come with a Certificate of Authenticity. Issued at only $39.95 each, or 2 installments of $22.45, shipping included, she is incredibly priced for a bear of such quality! Don't delay; order" Addie" and her September outfit today.

This is a fine collectible. This is not a toy, and is not intended for children. It may contain small parts or other materials inappropriate for children.

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Mail to: THE ASHTON-DRAKE GALLERIES
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Scale and color work together to determine the final look. Scale refers to the overall size and visual "weight" (or dominance) of each flower within the arrangement. Here, the sunflowers are heaviest due to their size, color, and mass. Arrangements with variety in scale are robust and attention-grabbing; a combination of similar scales is quieter. When mixing scales, balance is important. In this grouping, the top sunflower is off-center, but an extra marigold on the right brings the arrangement back into visual balance.

SPECIAL MERCHANDISE OFFER

You can recreate the beautiful arrangements shown in this feature with our special set of four flower arranging patterns. Each pattern includes color photos of the flowers you'll need, a materials and tools list, a floral foam placement pattern, and an illustrated step-by-step instruction sheet. Offered in cooperation with Mark Publishing, the set of four costs $15.95 which includes shipping, handling, and applicable sales tax.

TO ORDER send check or money order for $15.95 to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9603, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express users may call 800/881-4066.


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Frantic Family Syndrome



When I think of today's parents, a distinctive picture comes to mind: spinning plates. The idea seems to be the more plates (activities and commitments) you have in the air, the better you are as a parent. To let a plate fall, of course, indicates you've let yourself become lax.

When your peers see what a wonderful job you're doing spinning your children's plates, they begin asking you to spin the plates of various volunteer efforts. To refuse these opportunities for social advancement means being moved to the "C-list," which is the most embarrassing thing imaginable, so you simply don't say no.

That's how Frantic Family Syndrome is created. In the frantic family, no one ever stops moving. Mom and Dad spin plates all day, racing children to one activity after another, then racing themselves to one commitment after another. In the process of all this freneticism, what little time the family has together is spent recovering from all the running.

The symptoms of Frantic Family Syndrome are easy to spot. The family loses its center of gravity which makes it susceptible to stress. Episodes of exasperation, anger, and sullenness are frequent. Communication problems mount, as do sibling rivalries. The afflicted find it increasingly difficult to pretend they're a functioning, happy family.

THE IDEA SEEMS TO BE THE MORE PLATES (ACTIVITIES AND COMMITMENTS) YOU HAVE IN THE AIR, THE BETTER YOU ARE AS A PARENT.

There is a cure for Frantic Family Syndrome, and here's how your family can start:

• First, the family must be re-centered. That requires that the parents re-commit themselves to their top priority: nurturing the family. If you're married, you and your spouse must realize that it is your marriage that centers the family. Pay attention to it. If you're single, keep in mind that a parent who burns out in the service of children is no parent at all. In either case, pay less attention to the children and more to yourself.

• Second, outside commitments must be minimized. Put each family member on a one-activity-per-week ration. That requires saying no both to children who want to get involved in everything and to peers who want you to serve on every committee. Yes, this does mean you may be dropped to a "C-list" or two, but take it from someone who's been there a while: It's not so bad.

• Third, set aside specific time for yourself, time for the marriage, and time for the family. For example, Tuesday could be Mom's night out, Friday could be "date night" for Mom and Dad, and nearly every night from 8:00 p.m. onward could be time for the family to shut off the television and talk.

• Finally, practice saying "I love you" to one another. It's absolutely impossible to say those three words and be frantic at the same time.

Family psychologist John Rosemond's most recent book, A Family of Value (Andrews/McMeel and Zondervan), is now available in book stores.

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The Good News
About Our Schools



You've seen it in the headlines: America's schools are going down the tubes. Test scores are plummeting. Kids can't add or spell, kids are irresponsible. They're shooting each other in the hallways. Our nation is at risk, and the schools are to blame.

But have you read the good news? Believe it or not, there is some. After taking a closer look at all those negative studies and reports about our schools, many education researchers now challenge the notion that our schools are failing.

"The supposed crisis is full of myths, half-truths, and sometimes outright lies," says Bruce Biddle, co-author of *The Manufactured Crisis* (Addison-Wesley, 1995). His document charges education critics with using faulty data, incomplete information, and selected statistics to paint a false picture of failure.

"School-bashing is a popular pastime," Biddle says, "but Americans are being misled. It's time to set the record straight."

"SCHOOL-BASHING IS A POPULAR PASTIME, BUT AMERICANS ARE BEING MISLED. IT'S TIME TO SET THE RECORD STRAIGHT."

Gerald Bracey, an independent researcher, executive director of the Alliance for Curriculum Reform, and author of the annual "Bracey Report on the Condition of Public Education," agrees. After scrutinizing test scores, Bracey concluded that "By almost any measure, today's students equal or surpass those in previous years." For evidence, Bracey and Biddle point to several sources.

Challenging the Myths. In 1983, a national commission ignited a blaze of criticism against schools when it issued an ominous report entitled "A Nation at Risk." The report said, "If an unfriendly foreign power had attempted to impose on America the mediocre educational performance that exists today, we might well have viewed it as an act of war."

The report's supporters pointed to major declines on standardized exams such as the SAT, which is taken by most college-bound high school students.

continued on page 56

...k (South Dakota), N.A.

Congratulations!
It's a boy!





And a girl!

And a boy!





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Schools

continued from page 54

But education experts today acknowledge that downward trend was misleading. The number and diversity of students who were taking the test had multiplied dramatically in 20 years. With a broader range of students taking the test, the average score was bound to drop.

• In 1990, the Educational Testing Service reviewed 20 years of tests conducted by the National Assessment of Educational Progress, which appraises students aged nine, 13, and 17 in several subjects. It concluded that achievement has stayed about the same, with some modest gains among minorities from less advantaged backgrounds.

• The Iowa Test of Basic Skills, another achievement test, shows that current scores are at all-time highs. Other test scores also have been on the rise.

• High-achieving kids are doing well, too. The proportion of students scoring above 650 in math on the SAT (out of a possible 800) reached an all-time high in 1993 and a new record in 1995. The number of students taking Advanced Placement exams to obtain credit for college-level courses more than quadrupled between 1978 and 1994, jumping from 98,000 to almost 450,000.



Winning and losing abroad. In 1992, a 31-nation study on reading called "How in the World Do Children Read" found that American nine-year-olds placed second to Finland in reading. American 14-year-olds finished eighth, still in the upper third. Because scores were so close, American kids really were not far from first place.

In the area of science, the Second International Assessment of Educational Progress placed American nine-year-olds third out of a group of 15 nations. American high school students fell farther behind the nine-year-olds. But international comparisons are not always easy to make, especially when measuring high school students. Many foreign countries sort out their best students in the primary grades. Only a small percentage are allowed to enter the top high schools. Naturally, these elite students usually test better than America's broad mix of students. But when comparing America's best to top students in other nations, the gap narrows. In a major international math study, Japanese students topped American youths, but when a researcher compared the top 20 percent of students in both countries, the scores were even.

Another study took U.S. math

ores on international tests and oke them down state by state. The erage scores of eighth graders in gh-achieving states such as Iowa, orth Dakota, and Minnesota aled those of the top foreign untries such as Taiwan and Korea.

"These are positive signals hat our chools are succeeding, not iling," says iddle.

The fruits of eform.

Iowever accuate or misleading "A Nation t Risk" may e, since the tudy appeared, chools have ushed ahead vith reforms lesigned to mprove educaion. And the effort seems to e paying off, udging by a U.S. Department of Education report issued last August. The report reviewed developments from 1982 to 1992 and found:

• Math and science scores of 17-year-olds have gone up. The improvement is "the equivalent of one extra year of learning," the report states.

• More high school students are taking academic-oriented, "core" courses recommended by reformers. The percentage in this area has more than tripled.

• More high school students are choosing to take advanced classes. Geometry was taken by 70 percent of 1992 grads compared to 48 percent in 1982. In chemistry, the percentage rose from 32 to 56 percent. "Kids aren't shying away from academic courses anymore," says Robert Blaine, principal of Raytown South High School outside Kansas City.

"We're inching forward," says Michael Kirst, professor of education at Stanford University. "More kids are staying in school, more are completing school, more are taking the difficult classes."

Such progress, while it seems small, is considered remarkable by some education experts, who remind us that America's public schools operate under one of the most ambitious mandates in the world: universal education. Unlike many countries that target education to a small, elite group, America welcomes all who attend—and must spread its resources among them. Some strengths of public schools also aren't captured easily on multiple-choice achievement tests. America's schools aim to give students a wide range of experience versus a narrow, intensive focus on academics. Students are offered a mix of courses, and opportunities to participate in sports, music, and other extracurricular activities. "No other nation attempts to educate the whole child as we do," says Blaine.

Schools are doing this at a time when they are called upon to fix more and more social problems.

continued on page 58



Schools

continued from page 57

Today, schools help students cope with family troubles, alcohol and drug abuse, and teen pregnancy. "The fact that our schools have improved at all—while the world surrounding them is falling apart—is an amazing feat," says Biddle.

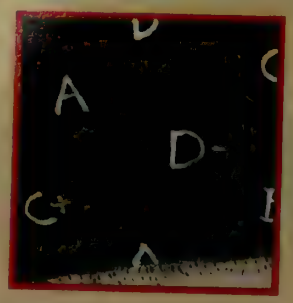
Still, even the public schools' staunchest defenders know there are many serious problems. "Anything we're doing, we can do better," says Gerald Bracey.

In particular, the quality of America's educational system is plagued by a wide range in disparity, largely traced to unequal funding, says Biddle. Because schools are funded locally, some districts have more than twice the spending power of others.

"Kids in poor communities—the inner cities and some rural areas—are truly disadvantaged," he says. "They're exposed to some of the nation's worst schools because those communities can't afford to fund a good education."

But many inner-city schools are on the rebound. Principal Emeral A. Crosby of Detroit's Pershing High School points with pride to improvements at his school. The amount of required math and science has been increased. They've added physics and college-level English to the curriculum. Students have access to 160 computers, a well-equipped library, and after-school tutors. Attendance is up, and dropouts are down. One of Crosby's greatest sources of pride is the number of college scholarships awarded to his graduates: About 300 students from last year's class received $900,000 in scholarships.

"We're doing better, but we have a long way to go," says Crosby. His words are an apt description of public schools in general. Schools need to get better, but they also deserve praise for recent gains. It's time to replace the "F" with passing marks, which should help boost public confidence and ensure the kind of community support that will keep a real crisis from occurring.



EDUCATION MYTHS

Just as the nation's public schools haven't plummeted disastrously, other popular notions about education aren't necessarily true either.

MYTH: The American public is disgusted with public schools.

In the 27th annual Gallup education poll, released last September, just 20 percent of people gave high marks to the public schools. But 65 percent awarded honors grades to schools that their own children attend. Perhaps many people are swayed by the negative media portrayal of schools but react more positively when they get a chance to see schools up close.

MYTH: Employers believe today's students are coming out of school unqualified.

Some surveys show that employers are more concerned about the work habits and attitudes of applicants than lack of academic skills. They're more worried that new hires aren't punctual, don't work well with others, and don't care enough about the customer.

MYTH: Private schools are superior to public schools.

Some private schools do have a marked edge, but beware of generalizations. Various studies conducted by the National Assessment of Educational Progress show that, on average, the achievement gap between the two forms of education is surprisingly small.

Checking out your school.

How do you evaluate a scho Ask lots of questions, say educati al consultants. Here are their tips

- Visit the school. Arrange appointment with the school prin pal or an administrator who can you basic facts, such as school enro ment, attendance rates, standardiz test scores, average class size, a achievement awards. Check w your state department of educati which may have statewide avera for comparison.
- Ask the principal to explain t school's vision. Does he or she co municate well, appear committed helping children learn, and welcor parent involvement in school ever and activities?
- Do teachers have strong educ tional backgrounds and appropria qualifications?
- What kind of programs does t school offer? If your child has a sp cial interest—foreign languages computers, for example—make su the school has strong programs that area.
- What extracurricular activities a available? Again, match them your child's talents and interests.
- Are there extensive, up-to-da instructional materials? Review tex books, check out the comput room, and tour the library.
- Is the school building clean? doesn't have to be new or palati but it should be well-maintained.
- Is it safe? Ask about recent inc dents of violence. What policies ar in place to prevent them? What ar the school's disciplinary policies?
- What is the school atmospher like? Check the noise level and th attitude of kids in the hallways.

For database information, conta SchoolMatch, (800/SCHOOL1 the largest school evaluation firm i the nation.

For $97.50, it will match your cri teria to top schools in your searc area. For $49, it does a simple search, comparing a school wit others in its region or the nation.

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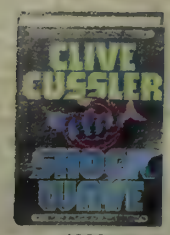


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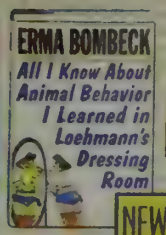
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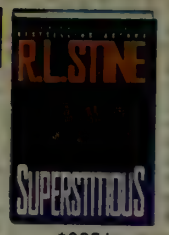
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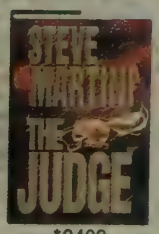
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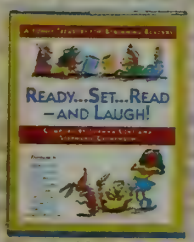


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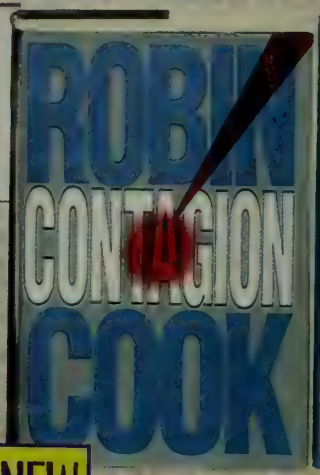
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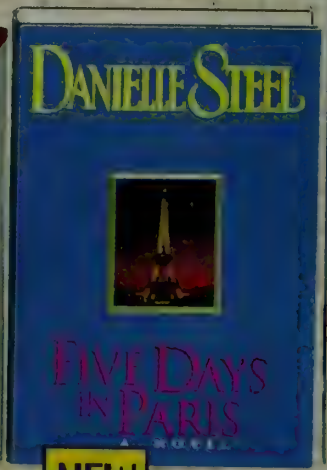
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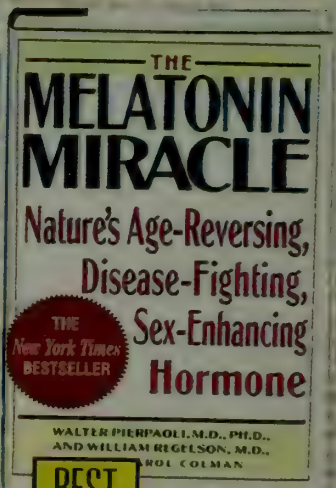
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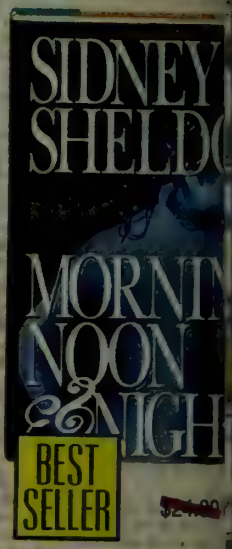
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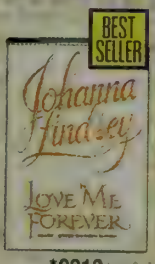
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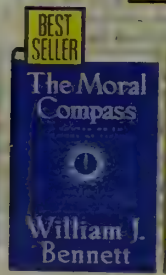
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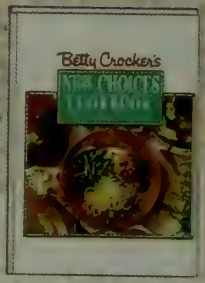
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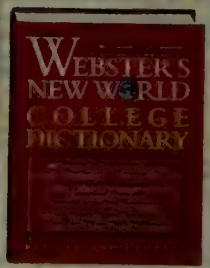
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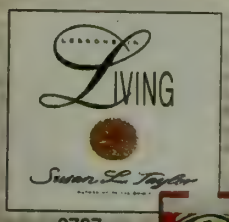
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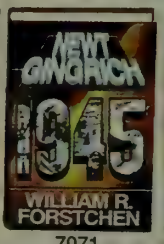
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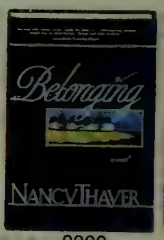
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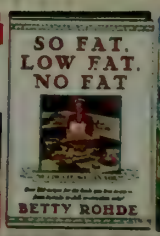
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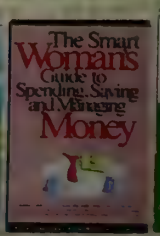
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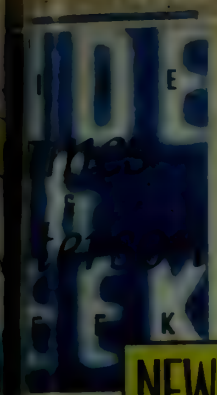
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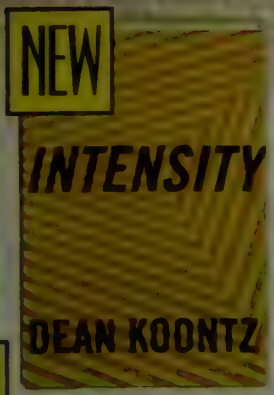
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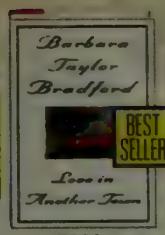
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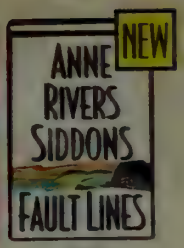
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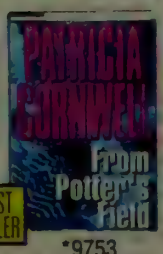




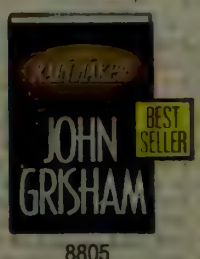
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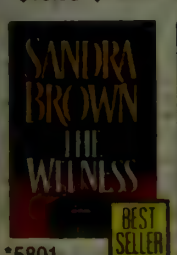


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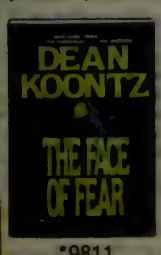


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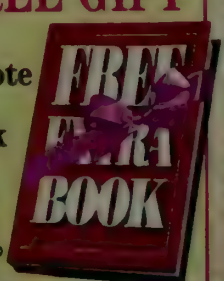


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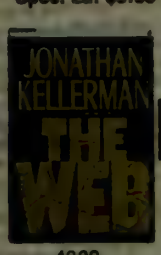
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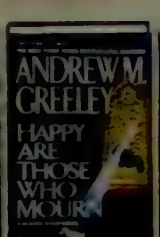
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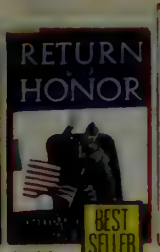
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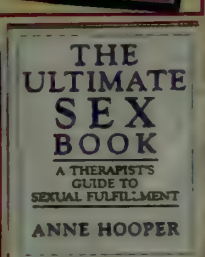
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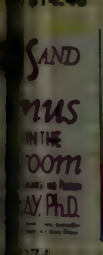
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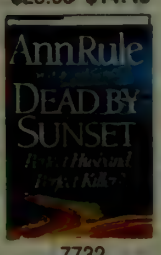




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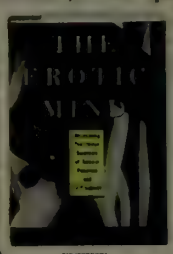


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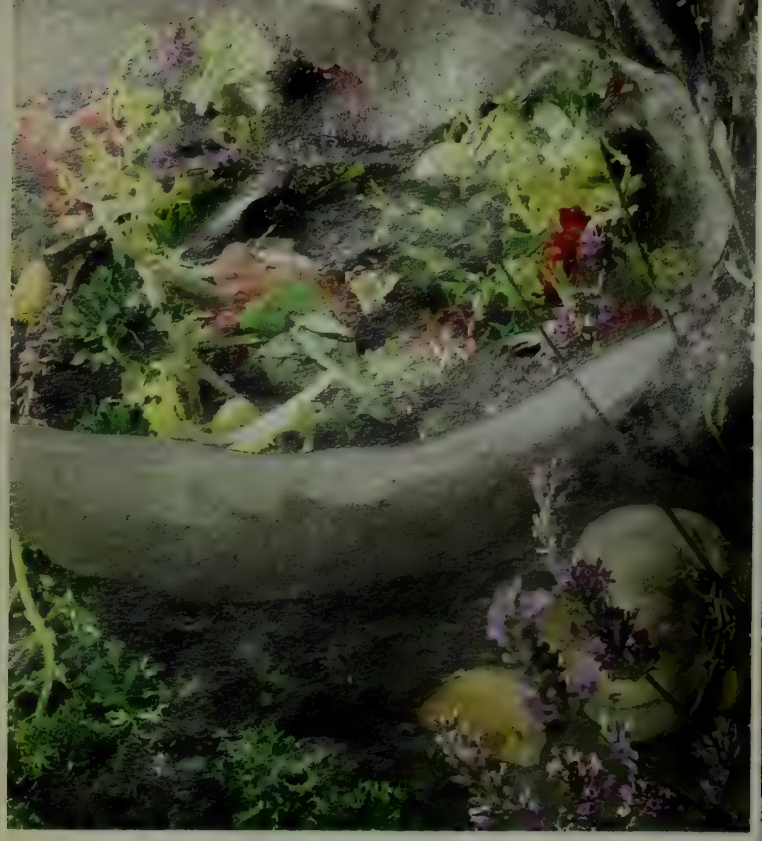
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the Doctor's Healthful Garden

by Claudia Franklin



Plump chile peppers glisten in the warm Arizona sun and the scent of mint fills the air as Andrew Weil, M.D., author of the best-selling book, *Spontaneous Healing*, surveys his sprawling garden.

Besides fostering his lifelong passion for all things green, this oasis of herbs and plants on his ranch outside Tucson doubles as the family medicine cabinet. When he, his wife, Sabine, or one of their children has a sore throat, upset stomach, or a sleepless night, Dr. Weil turns to his garden for relief.

"It's always been a major interest of mine to try to brin botany and medicine back together again," he says. " think our standard medicine has gotten very unbalance and just too far away from nature."

As director of the Integrative Medicine program at th University of Arizona, Dr. Weil advocates a combinatio

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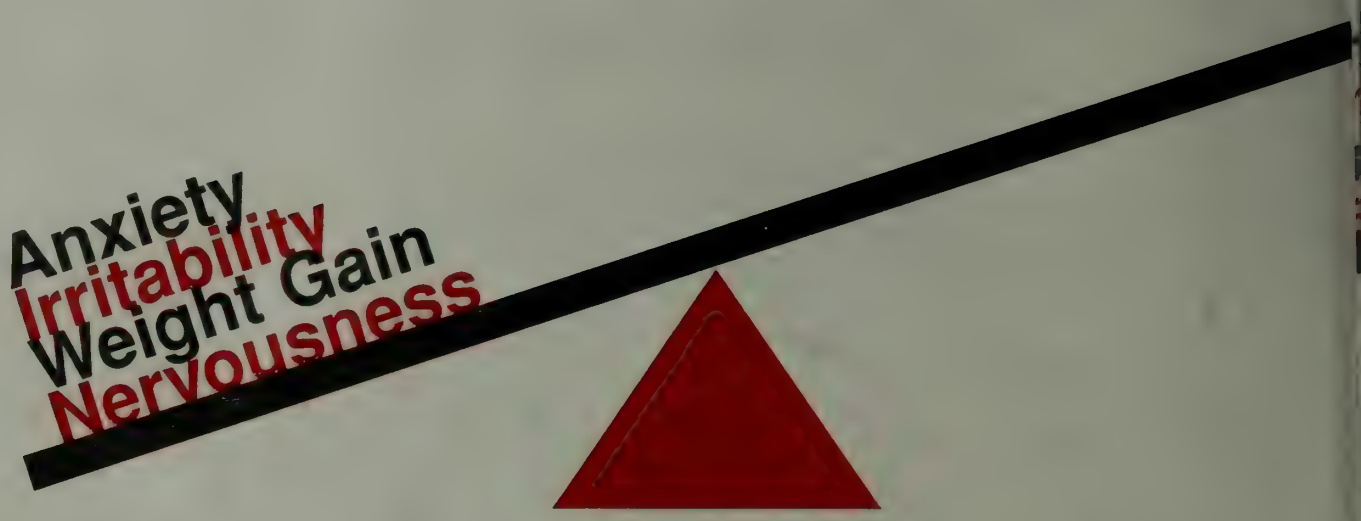


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Remember how stressed out and anxious you felt the last time you tried to quit? how you thought it was psychological and ther nothing that could help Well, now you know it physical and there is som that can help you. Habit

Important Informatio You Should Know

Habitrol is a drug ind as an aid to smoking ces for the relief of nicotine drawal symptoms. Its effe

Anxiety
Irritability
Weight Gain
Nervousness



Habitrol® helps lighten your load.

has been established only art of a comprehensive vioral smoking cessation ram. It won't work for yone. In studies during the 3 months after quitting, itrol has been shown to ease the chances of stop- smoking. Long-term stud- of Habitrol haven't been ducted. It shouldn't be used nore than 3 months.

Habitrol, like cigarettes, ains nicotine, so stop smoking completely before starting Habitrol. And do not smoke or use anything with nicotine while on it. If you're pregnant or nursing (nicotine could cause fetal harm) or have heart disease, or other conditions, ask your doctor about other ways to stop smoking. If you're taking prescription medicine or under a doctor's care, ask your doctor about the potential risks of Habitrol. Habitrol hasn't been studied in pregnant women or in patients under 18. Used and unused Habitrol systems should be kept out of the reach of children and pets.

Turn page for additional important information.

Habitrol®
[Nicotine Transdermal System]

Habitrol®
(nicotine transdermal system)

Systemic delivery of 21, 14, or 7 mg/day over 24 hours

BRIEF SUMMARY. FOR FULL PRESCRIBING INFORMATION SEE PACKAGE INSERT.

INDICATIONS AND USAGE
Habitrol treatment is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Habitrol treatment should be used as a part of a comprehensive behavioral smoking cessation program. The use of Habitrol systems for longer than 3 months has not been studied.

CONTRAINDICATIONS
Use of Habitrol systems is contraindicated in patients with hypersensitivity or allergy to nicotine or to any of the components of the therapeutic system.

WARNINGS
Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Habitrol systems, and the likelihood of achieving cessation of smoking without nicotine replacement.

Pregnancy Warning
Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Habitrol treatment can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Habitrol systems has not been examined in pregnancy (see PRECAUTIONS, Other Effects). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Habitrol therapy is used during pregnancy, or if the patient becomes pregnant while using Habitrol treatment, the patient should be apprised of the potential hazard to the fetus.

Safety Note Concerning Children
The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if Habitrol systems are applied or ingested by children or pets. Used 21 mg/day systems contain about 60% (32 mg) of their initial drug content. Therefore, patients should be cautioned to keep both used and unused Habitrol systems out of the reach of children and pets.

PRECAUTIONS

General
The patient should be urged to stop smoking completely when initiating Habitrol therapy. Patients should be informed that if they continue to smoke while using Habitrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the Habitrol dose should be reduced or Habitrol treatment discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions).

The use of Habitrol systems beyond 3 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting.

Allergic Reactions: In a 12-week, open-label dermal irritation and sensitization study of Habitrol systems, 22 of 223 patients exhibited definite erythema at 24 hours after application. Upon rechallenge, 3 patients exhibited mild-to-moderate contact allergy. Patients with contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. In the efficacy trials, erythema following system removal was typically seen in about 17% of patients, some edema in 4%, and dropouts due to skin reactions occurred in 6% of patients.

Patients should be instructed to promptly discontinue the Habitrol treatment and contact their physicians if they experience severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus or edema) or a generalized skin reaction (e.g., urticaria, hives, or generalized rash).

Skin Disease: Habitrol systems are usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (atopic or eczematous dermatitis).

Cardiovascular or Peripheral Vascular Diseases: The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed.

Tachycardia occurring in association with the use of Habitrol treatment was reported occasionally. If serious cardiovascular symptoms occur with Habitrol treatment, it should be discontinued.

Habitrol treatment should generally not be used in patients during the immediate post-myocardial infarction period, patients with serious arrythmias, and patients with severe or worsening angina pectoris.

Renal or Hepatic Insufficiency: The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation.

Endocrine Diseases: Habitrol treatment should be used with caution in patients with hyperthyroidism, pheochromocytoma or insulin-dependent diabetes since nicotine causes the release of catecholamines by the adrenal medulla.

Peptic Ulcer Disease: Nicotine delays healing in peptic ulcer disease; therefore, Habitrol treatment should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Accelerated Hypertension: Nicotine constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension, therefore, Habitrol treatment should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Information for Patients
A patient instruction sheet is included in the package of Habitrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Habitrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist. Patients must be advised to keep both used and unused systems out of the reach of children and pets.

Drug Interactions
Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	**Possible Mechanism**
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation

May Require an Increase in Dose at Cessation of Smoking	**Possible Mechanism**
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility
Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidence of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor-initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats.

Nicotine and cotinine were not mutagenic in the Ames *Salmonella* test. Nicotine induced repairable DNA damage in an *E. coli* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation.

Pregnancy Category D (see WARNINGS)
The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include low birth weight, an increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of Habitrol treatment on fetal development are unknown. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contributing factor cannot be excluded.

Habitrol treatment should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of use of nicotine replacement by the patient, who may continue to smoke.

Teratogenicity
Animal Studies: Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg/day IP or SC).

Human Studies: Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans.

Other Effects
Animal Studies: A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking 1 cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 mg/kg/min nicotine for 20 minutes to pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes).

Human Experience: Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low-birth-weight infants and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on fetal cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate, and decreased uterine blood flow and fetal breathing movements. Habitrol treatment has not been studied in pregnant humans.

Labor and Delivery
Habitrol systems are not recommended to be left on during labor and delivery. The effects of nicotine on the mother or the fetus during labor are unknown.

Nursing Mothers
Caution should be exercised when Habitrol therapy is administered to nursing women. The safety of Habitrol treatment in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk-to-plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first-pass clearance; however, the efficiency of removal is probably lowest at birth. The nicotine concentrations in milk can be expected to be lower with Habitrol treatment when used as directed than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Habitrol systems should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Habitrol systems alone or in combination with continued smoking.

Pediatric Use
Habitrol systems are not recommended for use in children because the safety and effectiveness of Habitrol treatment in children and adolescents who smoke have not been evaluated.

Geriatric Use
Forty-eight patients over the age of 60 participated in clinical trials of Habitrol therapy. Habitrol therapy appeared to be as effective in this age group as in younger smokers.

ADVERSE REACTIONS
Assessment of adverse events in the 792 patients who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by concurrent smoking by many of the patients. In the trials, when reporting adverse events, the investigators did not attempt to identify the cause of the symptom.

Topical Adverse Events
The most common adverse event associated with topical nicotine is a short-lived erythema, pruritus, or burning at the application site, which was seen at least once in 35% of patients on Habitrol treatment in the clinical trials. Local erythema after system removal was noted at least once in 17% of patients and local edema in
Erythema generally resolved within 24 hours. Cutaneous hypersensitivity (
sensitization) occurred in 2% of patients on Habitrol treatment (see PREC
Allergic Reactions).

Probably Causally Related
The following adverse events were reported more frequently in Habitrol-treated than in placebo-treated patients or exhibited a dose response in clinical trials.
Digestive system – Diarrhea*, dyspepsia*.
Mouth/Tooth disorders – Dry mouth.
Musculoskeletal system – Arthralgia*, myalgia*
Nervous system – Abnormal dreams†, somnolence†.

Frequencies for 21 mg/day system
*Reported in 3% to 9% of patients.
†Reported in 1% to 3% of patients.
Unmarked if reported in < 1% of patients.

Causal Relationship Unknown
Adverse events reported in Habitrol- and placebo-treated patients at about frequency in clinical trials are listed below. The clinical significance of the tion between Habitrol treatment and these events is unknown, but they are as alerting information for the clinician.
Body as a whole - Allergy†, back pain†.
Cardiovascular system - Hypertension†.
Digestive system – Abdominal pain†, constipation†, nausea*, vomiting.
Nervous system – Dizziness*, concentration impaired†, headache (17%), insom
Respiratory system – Cough increased†, pharyngitis†, sinusitis†.
Urogenital system – Dysmenorrhea*.

Frequencies for 21 mg/day system
*Reported in 3% to 9% of patients.
†Reported in 1% to 3% of patients.
Unmarked if reported in < 1% of patients.

DRUG ABUSE AND DEPENDENCE
Habitrol systems are likely to have a low abuse potential based on differences and cigarettes in four characteristics commonly considered important in contr abuse: much slower absorption, much smaller fluctuations in blood levels, lo levels of nicotine, and less frequent use (i.e. once daily).

Dependence on nicotine polacrilex chewing gum replacement therapy h reported. Such dependence might also occur from transference to Habitrol of tobacco-based nicotine dependence. The use of the system beyond 3 m not been evaluated and should be discouraged.

To minimize the risk of dependence, patients should be encouraged to with gradually from Habitrol treatment after 4 to 8 weeks of usage. Recommended reduction is to progressively decrease the dose every 2 to 4 weeks.

OVERDOSAGE
The effects of applying several Habitrol systems simultaneously or of s Habitrol systems are unknown (see WARNINGS, Safety Note Concerning C

The oral LD_{50} for nicotine in rodents varies with species but is in excess mg/kg; death is due to respiratory paralysis. The oral minimum lethal dose tine in dogs is greater than 5 mg/kg. The oral minimum acute lethal dose f in human adults is reported to be 40 to 60 mg (<1 mg/kg).

Two or three Habitrol 30 cm^2 systems in capsules fed to dogs weighing were emetic, but did not produce any other significant clinical signs. The a tion of these patches corresponds to about 6-17 mg/kg of nicotine.

Signs and symptoms of an overdose of Habitrol systems would be e to be the same as those of acute nicotine poisoning including: pallor, c nausea, salivation, vomiting, abdominal pain, diarrhea, headache, dizzi turbed hearing and vision, tremor, mental confusion, and weakness. Pr hypotension, and respiratory failure may ensue with large overdoses. L doses produce convulsions quickly and death follows as a result of per central respiratory paralysis or, less frequently, cardiac failure.

Overdose From Topical Exposure
The Habitrol system should be removed immediately if the patient shows s overdosage and the patient should seek immediate medical care. The skin may be flushed with water and dried. No soap should be used since it may nicotine absorption. Nicotine will continue to be delivered into the bloodstr several hours after removal of the system because of a depot of nicotine in

Overdose From Ingestion
Persons ingesting Habitrol systems should be referred to a health care faci management. Due to the possibility of nicotine-induced seizures, activated should be administered. In unconscious patients with a secure airway, insti ed charcoal via nasogastric tube. A saline cathartic or sorbitol added to the of activated charcoal may speed gastrointestinal passage of the system. Re doses of activated charcoal should be administered as long as the system the gastrointestinal tract since it will continue to release nicotine for many

Management of Nicotine Poisoning
Other supportive measures include diazepam or barbiturates for seizures, atro excessive bronchial secretions or diarrhea, respiratory support for respiratory and vigorous fluid support for hypotension and cardiovascular collapse.

Safety and Handling
Habitrol systems can be a dermal irritant and can cause contact sensitizatio Although exposure of health care workers to nicotine from Habitrol systems be minimal, care should be taken to avoid unnecessary contact with active If active systems are handled, wash with water alone, since soap may incre nicotine absorption. Do not touch eyes. KEEP OUT OF REACH OF CHILD

Disposal
When the used system is removed from the skin, it should be folded over and the protective pouch which contained the new system. The used system shou immediately disposed of in such a way to prevent its access by children or pe patient information for further directions for handling and disposal.

How to Store
Do not store above 86°F (30°C) because Habitrol systems are sensitive to slight discoloration of the system is not significant.

Do not store unpouched. Once removed from the protective pouch, Habi tems should be applied promptly since nicotine is volatile and the system strength.

The use of this product is covered by U.S. patent No. 4,597,961. #66

CAUTION: Federal law prohibits dispensing without prescription.

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Doctor's Healthful Garden

continued from page 62

of mainstream medicine and less conventional treatments such as herbalism, homeopathy, and acupuncture. While he prescribes standard pharmaceutical drugs when needed, Dr. Weil believes sound herbal remedies (along with a healthy diet, regular exercise, and stress reduction) can help stimulate your body's natural healing system.

This connection with nature is not a trendy new venture for Dr. Weil. His fascination with plants took root long before he attended Harvard Medical School and earned degrees in biology and medicine. After graduation he traveled around the world learning more about medicinal plants and the concept of natural healing. During these early years of searching for answers, he realized some plants offer a safe, natural alternative to drugs.

Today, almost 25 years later, Dr. Weil has attained international acclaim for his work in what he calls "integrative medicine." In addition to *Spontaneous Healing*, he has written five books on the subject, including—*Natural Health, Natural Medicine: A Comprehensive Manual for Wellness and Self-Care* and *Health and Healing: Understanding Conventional and Alternative Medicine*.

Several of the herbs Dr. Weil consistently uses can be planted in all regions of the country, and most are easy to grow. Although many herbs can be found at most health food stores, Dr. Weil recommends growing your own. "One of the concerns with herbal products," he says, "is whether they've been grown organically. Or, if imported, whether they've been treated with pesticides or fungicides."

Dr. Weil also cautions gardeners that not all herbs are safe to eat. For example, the beautiful foxglove, with its tall flower stalks, can be toxic if

continued on page 68

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continued from page 67

ingested without medical supervision. Its leaves contain digitalis, a powerful heart stimulant.

So which are the safest and easiest herbs to grow in your garden?

Garlic is at the top of Dr. Weil's list. "I love it. There's hardly anything I cook or eat that doesn't have garlic in it," he says. "I use it in pasta, pasta sauces, salad dressings. If I feel a cold coming on, I just slice raw garlic or chop it up on a sandwich."



GARLIC

This favorite food seasoning can help lower your blood pressure and cholesterol.

Medical researchers, mostly in Germany, have found that garlic can help protect against cardiovascular disease by lowering blood pressure and cholesterol. Several studies, says Dr. Weil, have shown that this humble bulb may act as an anti-cancer agent by blocking formation of some carcinogens in the abdomen.

A 1989 National Cancer Institute study found that people living in China who ate 50 pounds of garlic, onions, and shallots a year were 40 percent less likely to get stomach cancer than those who didn't eat as much.

"There is a very thick stack of medical papers to document the effects of garlic," he says. "I've seen some people who have brought their blood pressure down by doing nothing other than using garlic."

Unlike the rest of the herbs presented here, garlic must be planted in the fall. It blooms in late spring to summer.

Aloe is another hardy plant Dr. Weil considers essential. It can provide immediate and soothing relief for a burn and help heal cuts and other skin irritations, he says. To get at the gel inside, break off one leaf and split it lengthwise. Score the gel with the point of a knife and apply it to your skin.



ALOE

The cool gel inside the leaves helps burns and cuts heal faster.



MINT

A cup of peppermint tea can ease an upset stomach and help aid digestion.

If you live in a seasonal climate, you may want to plant your aloe in a container so it can be brought inside when the temperature drops. If it's already in the ground, simply dig it up and pot it.

In the sea of green that is Dr. Weil's garden, mounds of *spearmint* and *peppermint* rise in drifts against a fence, filling one entire edge. He uses the pungent peppermint leaves in teas as a remedy for indigestion and nausea. Spearmint leaves, which are milder than peppermint, also make a soothing tea that can help you unwind at the end of a long day. To make his tea, Dr. Weil places a handful of leaves into a pot of boiling water and lets it steep.

"The oils extract more easily if the leaves are dried," he says. With peppermint, it's also a good idea to keep the cup or pot covered while you are steeping it. "The oil is volatile, and if left uncovered you may loose some of that good stuff to the steam," says Dr. Weil.



CHAMOMILE

Roman chamomile makes a pretty border and may help you reduce stress.

You may want to grow your mint in a pot because it does have spreading roots.

Chamomile, with its apple like aroma, is another herb Dr. Weil recommends planting. Roman chamomile, a low-growing perennial, makes a pleasant-tasting tea that can help relieve indigestion and heartburn. "It also has

continued on page 70

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continued from page 68



ECHINACEA
A natural antibiotic that helps fight off colds, flu, and sore throats.

mild sedative properties," he says. And because these properties are so mild, Dr. Weil approves of giving it to children who are having trouble falling asleep.

Many gardeners appreciate *echinacea* (ek a NAY see a) or purple coneflower for its ornamental value. But it's the roots below that herbalists have valued for years. Echinacea, says Dr. Weil, acts as a natural antibiotic, enhancing the body's immune system. "My wife and I use it and give it to our children for colds and as a remedy for the flu," he says.

To get the benefits of echinacea, you'll need to harvest the root in its second season and prepare a tincture to take orally. To make a tincture, most herbalists use grain alcohol, but vodka or brandy will do. The general guideline is to use one ounce of crushed dried herb steeped in five ounces of alcohol for six weeks. Store in a dry space, shaking the bottle every few days to mix up the herbs. Be sure to keep all tinctures away from children.

For further direction on tinctures, drying, and harvesting of herbs, Dr. Weil suggests reading *Medicinal Plants of the Mountain West* by Michael Moore (The Museum of New Mexico Press, $12.95). "Tinctures of echinacea can be found in any health food store, but if you can make your own fresh, it's great," he says. "It's a fun thing to do."

Other pretty, yet potent tenants in Dr. Weil's garden are red and green *chile peppers*. He calls the spicy little peppers a "good, general tonic" for



CHILE PEPPERS
The fiery capsaicin inside has been found to relieve pain from arthritis and shingles.

Drying Herbs



You can dry herbs upside down in small bunches on a laundry rack. Place them in a warm, dry room out of direct light.



Another easy way to dry herbs is to place them in paper bags. Hang the bags on a wall or place them in a corner to dry.



Or tie herb bundles onto coat hangers, then hang them in a warm closet. Allow enough space for air to circulate.

It's best to dry your herbs before using them. Air drying works well if you have the space and time. To make a drying screen, staple mesh screen onto a wooden frame and attach 4 one-inch-long blocks as legs.

If you just want to dry a handful of herbs at a time, wash them, pat them dry, and lay them flat on a cloth or paper towel. In a few days, they will be dry enough to store in labeled glass jars. If you notice moisture forming inside the jar, take the herbs out and let them dry longer.

A more convenient way to dry herbs is in an oven. Lay them on a baking sheet in a single layer. If you have an electric oven, set the temperature at 100° F (leave the oven door ajar if your oven can't be set that low), and remove herbs when they are thoroughly dry. For a gas oven, preheat at 180° F, turn the oven off, and set the baking sheet inside. Leave the herbs in for several days; the oven will retain heat from the pilot light.

continued on page 76

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PREMPRO™ Brand of conjugated estrogens/medroxyprogesterone acetate tablets

This summary describes when and how to use estrogen/progestin drugs and the benefits and risks of treatment.

ESTROGENS INCREASE THE RISK OF CANCER OF THE UTERUS IN WOMEN WHO HAVE HAD THEIR MENOPAUSE ("CHANGE OF LIFE"). *THIS FINDING REFERS TO ESTROGENS GIVEN WITHOUT PROGESTIN.*

Progestin drugs taken with estrogen-containing drugs significantly reduce but do not eliminate this risk. If you use any estrogen-containing drug, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

ESTROGENS/PROGESTINS SHOULD NOT BE USED DURING PREGNANCY.

Estrogens do not prevent miscarriage (spontaneous abortion) and are not needed in the days following childbirth. If you take estrogens during pregnancy your unborn child has a greater than usual chance of having birth defects. These birth defects may affect the baby's urinary system and sex organs.

ESTROGEN/PROGESTIN DRUGS

PREMPRO is a combination of two hormones, an estrogen and a progestin. This hormone combination has been shown to provide the benefits of estrogen replacement therapy while lowering the frequency of a possible precancerous condition of the uterine lining. This therapy is not intended for women who have had a hysterectomy (surgical removal of the uterus).

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable when weighed against their benefits. Check with your doctor to make sure you are using the lowest possible effective dose.

With PREMPRO therapy several menstrual-like bleeding patterns may occur. These may range from absence of bleeding to irregular bleeding. If bleeding occurs, it is frequently light spotting or moderate menstrual-like bleeding, but it may be heavy. Please discuss your bleeding pattern and set up an appropriate schedule for follow-up care with your physician.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. The decrease in the amount of estrogen that occurs in all women, usually between the ages of 45 and 55, causes menopause. Sometimes the ovaries are removed during an operation causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. Some women have none or only mild menopausal symptoms, in others, symptoms can be severe. These symptoms may last only a few months or longer. Taking PREMPRO can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO only as long as you need it for relief from your menopausal symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of spine, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as dairy products) or taking calcium supplements (1000 to 1500 milligrams per day) and certain types of exercise may also help prevent osteoporosis. Since estrogen use is associated with some risks, its use in the prevention of osteoporosis should be limited to women who appear susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white or Asian race, thinness, cigarette smoking, family history, and early or surgical menopause.

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHEN ESTROGENS SHOULD NOT BE USED

During pregnancy (see Boxed Warning). If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor (see Boxed Warning). Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breast-feeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

If you are breast-feeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS

Cancer of the uterus. The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used, and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy while reducing the risk of a precancerous condition of the uterine lining.

Additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. However, some studies have reported that breast cancer developed more often (up to twice the usual rate) in women who used es... periods of time (especially more than 10 years), or who used high doses for shorter time periods. The effects of added ... risk of breast cancer are unknown. Some studies have reported a somewhat increased risk, even higher than the possib... ed with estrogens alone. Others have not. Regular breast examinations by a health professional and monthly self-exam... ommended for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease need... women who do not use estrogens.

Inflammation of the pancreas. Women with high triglyceride levels may have an increased risk of developing inflammatio...

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, a h... pulmonary embolus, any of which may cause death or serious long-term disability.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone c...

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug during the first ... pregnancy. Several reports suggest an association between mothers who take these drugs in the first trimester of pregna... abnormalities in male and female babies. The risk to the male baby is the possibility of being born with a condition in w... ing of the penis is on the underside rather than the tip of the penis (hypospadias). Hypospadias occurs in about 5 to 8 ... births and is about doubled with exposure to these drugs. There is not enough information to quantify the risk to expose... es. However, enlargement of the clitoris and fusion of the labia may occur, although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female fetus, as we... dias in the male fetus, it is wise to avoid using the drug during the first trimester of pregnancy. These drugs have been us... pregnancy, but such use is no longer considered safe because of possible damage to a developing baby. Also, more rap... testing for pregnancy are now available. If you take PREMPRO and later find you were pregnant when you took it, be sure ... with your doctor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS

In addition to the risks listed above, the following side effects have been reported with estrogen and/or progestin use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Irregular bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or k...
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN USE

If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking PREMPRO, it is important to visit your doctor at least once a year for ... you develop vaginal bleeding while taking estrogens, you may need further evaluation. If members of your family have had ... or if you have ever had breast lumps or an abnormal mammogram (breast X ray), you may need to have more frequent breast e...

Reassess your need for treatment. You and your doctor should reevaluate your need for estrogens at least every six mo...

Be alert for signs of trouble. Report these or any other unusual symptoms to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath, or coughing blood.
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbness of arm or leg...
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer of the lining of the u... progestins, another hormonal drug, with estrogens lowers the risk of developing this condition.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood sugar, which ... diabetic condition worse.

Some research has shown that estrogens taken *without* progestins may protect women against developing heart diseas... this is not certain. The protection shown may have been caused by the characteristics of the estrogen-treated women and not ... gen treatment itself. In general, treated women were slimmer, more physically active, and were less likely to have diabetes tha... ed women. These characteristics are known to protect against heart disease.

It is important to discuss, in detail, with your doctor or health care provider all the possible risks and ... long-term estrogen and progestin treatment as they affect you personally.

This Summary provides the most important information about PREMPRO. If you want to read more, ask your doctor or p... let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current PREMPRO Tablets insert (PI 4665-1) issued, ... 1995, with the incorporation, in lay language, of pertinent text from the Physician Insert. (CI 4664-1) issued November 17, 1995.

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WAPR-0452

World Leadership in Women's Health Care®

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Doctor's Healthful Garden

continued from page 70

the body, serving to lower cholesterol and help the cardiovascular system. "I love them all," he says, "mild ones, medium ones, and hot ones."

Chile peppers are a good source of vitamins A and C. They contain a fiery ingredient called capsaicin, which is widely used as a local anesthetic, says Dr. Weil. Purified forms, such as Zostrix, are available in over-the-counter creams to ease arthritis pain, shingles, and other conditions.

Dr. Weil recommends soaking your dry red pepper pods in rubbing alcohol until the alcohol turns bright red, and then using it as a rub for joint pain. "Just rub on where it hurts," he says. "It may sting and feel warm, but it's not unpleasant, and it is a very good local treatment. The hotter the pepper, the more capsaicin it contains. Remember to wash your hands after handling peppers.

Horseradish will never win a beauty contest, but the white, fleshy taproot of this herb can help simulate secretions in your nose and bronchial tubes when you are congested, says Dr. Weil. He recommends asthma and chronic sinus patients include it in their regular diet.

"Just eat it grated on a cracker. Whatever works to make you want to eat some of it," he says. "Eating fresh horseradish," he says, "is much better tasting and beneficial than commercial horseradish." He makes his own sauce by peeling the root—then grinding it in a food processor and combining it with just enough white vinegar to make a moist paste.



HORSERADISH

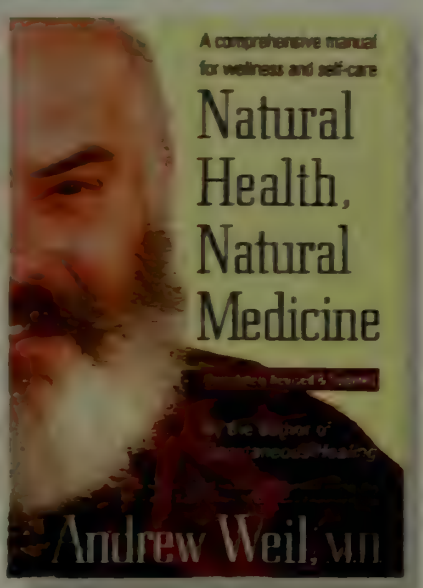
Nibbling on this root may help relieve congestion and chronic sinus symptoms.

A growing tip: Horseradish is invasive. To keep it from spreading, dig a hole and bury a flue tile with about 2 inches sticking out of the ground. Fill the tile with dirt and plant your horseradish in it.

To prepare an ecologically sound soil for his organic herbs and plants, Dr. Weil fertilizes with horse manure, compost, and shredded green alfalfa. As expected, he doesn't spray for pests or weeds.

"Plants have a naturally high resistance to pests if you keep the soil healthy and the plants vital," he says. "And I do let ladybugs go in the garden." Ladybugs eat aphids in large numbers. If he gets aphids in his winter crop, Dr. Weil hoses them off or sprays with nicotine or pyrethrum. Pyrethrum is a safe insecticide made from the dried flower heads of a plant in the daisy family. ⌂

SPECIAL BOOK AND GARDEN OFFER



For more information on this subject, we recommend Dr. Andrew Weil's book, ***Natural Health, Natural Medicine***, offered here by special arrangement with Houghton-Mifflin Company ($16.95). This 370-page softcover book is a comprehensive manual for wellness and self-care. Not intended to be a total replacement for standard medicine, this guide to preventive health maintenance includes suggestions for treating many common ailments on your own with methods that are safe, natural, effective, and not as expensive as standard medical treatments.

To get a start on your own healthy garden, purchase our **Healthy Garden Plant and Seed Collection** offered here by special arrangement with Shepherd's Garden Seeds and Papa Geno's Herb Farm. Each collection contains four plants: German chamomile, echinacea (purple coneflower), aloe barbadensis, and chocolate mint. Plants range from 2- to 6-inches tall at shipment. Also included are three packets of seeds: including one each of mammoth sunflowers, early jalapeños, and firecracker piquin chiles ($27.95). Please order early; quantities are limited. Shipments will be made at the proper time for planting in your zone (about March 15, 1996, to June 15, 1996). Sorry, we are unable to ship to Alaska, Hawaii, Mexico, Puerto Rico, or Canada.

TO ORDER Prices shown include shipping, handling, and sales tax, if applicable. To order with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, list the item(s) you wish to purchase, calculate the total from the prices shown, left, and send your list along with your name, address, and a check or money order for the full amount to: *Better Homes and Gardens*® Reader Shopping Service, Department 9603, Box 9128, Des Moines, IA 50306-9128.



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FITNESS

Work Out to Zonk Out



Older people who have trouble sleeping should consider starting an exercise program, a Stanford University study suggests.

A group of 50- to 70-year-old people with sedentary lifestyles and sleep complaints took part in the experiment. About half remained inactive during the study while the other half exercised four times a week; they did two 30-minute brisk walks and two 40-minute classes of aerobics, stretching, and strength training.

After four months, the exercisers slept almost an hour longer each night than the inactive group (averaging 6.8 hours compared with 5.9). They also fell asleep faster (14.5 versus 24 minutes).

Abby King, Ph.D., the study's author, noted that the results suggest exercise helps not because of fitness gains to the heart, lungs, and muscles, but because of the regularity of exercise. King added that she sees no reason why results of this study would not apply to other age groups.

So sleep on that, then wake up and walk tomorrow.

Find the Right Running Shoe

Runners and walkers can be pretty finicky about what they fasten to their feet. Does this brand have enough rear-foot motion control? Does that $125 shoe really have better arch support than the $52 shoe?

The Running Shoe Database, developed by the American Running and Fitness Association, can help by giving you a rundown on just about any running shoe by brand, model, or price.

For $2, the association will send you a questionnaire about your foot shape, training schedule, and injury history. Answer the questions and return the form. The database does the rest, sorting out which shoes are best for you. To get a form, send a business-size SASE to AR&FA, RSDB, 4405 East West Highway, Suite 405, Bethesda, MD 20814.



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Consult your doctor about bladder control problems.



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Liberated from Bone Loss

What you can do to help combat osteoporosis

by David Feder, R.D.



When Elizabeth Hudson turned 65, she looked forward to an active retirement of sailing and golf. But Elizabeth had osteoporosis—gradual disintegration of the bones. One morning she fell and broke her hip. Five months later she was dead. Dead from a broken hip? Though it may seem surprising, up to 20 percent of women over 65 who suffer such a break die within a year, usually because of a host of other complications, such as blood clots and embolisms. Thirty percent never regain full activity, and about 20 percent end up needing permanent, long-term care.

According to the National Osteoporosis Foundation, the condition affects approximately 25 million people in this country. The result is 1.5 million bone fractures per year, costing billions of health care dollars. Osteoporosis does not develop overnight. Elizabeth's bones started degenerating in her early 30s. But, if you're already over thirty-something, don't panic: A growing body of research suggests you can take action now to help maintain the health of your bones later.

PREVENTION STARTS EARLY

The best osteoporosis preventive is adequate dietary calcium before age 30. In spite of regular media advisories, about 50 to 75 percent of children, teenagers, and adult women are not getting enough calcium in their diet. Simply put, they aren't drinking their milk—still the primary dietary source of calcium in this country. Many adult women seem to avoid drinking milk—possibly to reduce the amount of fat in their diets. But skim milk has the same amount of calcium as whole milk; the only thing missing is the extra fat. Instead of calcium-rich products like milk, however, women, teens, and kids tend to consume soft drinks and may be making matters worse. Soft drinks contain phosphorous, which, in sufficient amounts, inhibits calcium retention.

Your body builds bone tissue until about age 30. After that point, the bones are striving to maintain their balance of calcium. Without sufficient calcium, the body will draw the mineral from its most concentrated source: your bones. If the intake of calcium and vitamin D (which is needed for calcium metabolism) are increased during childhood years, and especially during periods of growth spurt, the bones will be better prepared when nature's balance tips towards degeneration.

LIFESTYLE FACTORS

At any age, diet is only one factor in osteoporosis. Other factors include decreased estrogen levels; lack of weight-bearing exercises (such as jogging and aerobics); cigarette smoking; coffee, tea, and alcohol consumption; and excess

continued on page 84

EARN BROWNIE POINTS IN MINUTES.



BLACK FOREST BROWNIE

PLACE

1 fat free brownie on dessert plate. Spoon 1/4 cup COMSTOCK, THANK YOU or WILDERNESS Light Cherry Pie Filling over brownie.

TOP

with 1/4 cup thawed COOL WHIP LITE Whipped Topping.

READY

in less than 2 minutes. Makes 1 serving with 220 calories and 2.5g fat.





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Bone Loss

continued from page 82

protein intake. All of these can contribute to the degeneration of bone. According to Ohio State University's Gordon Wardlaw, Ph.D., R.D., the time to maintain bone health is from age 25 to 50. You do this by exercising and making sure you get 800 to 1000 mg calcium in your diet daily, and by "doing away with habits which accelerate bone loss."

USE IT OR LOSE IT

Of all the factors (other than genetics) contributing to osteoporosis, that of a sedentary lifestyle is one of the most detrimental, and yet the easiest to remedy. The positive impact of exercise on bone density retention cannot be overemphasized. Lack of weight-bearing exercise sends your body the message that it doesn't need its bone anymore. Studies show that the more regularly we perform weight-bearing exercise, the more bone tissue our bodies build—a compelling example of "use it or lose it."

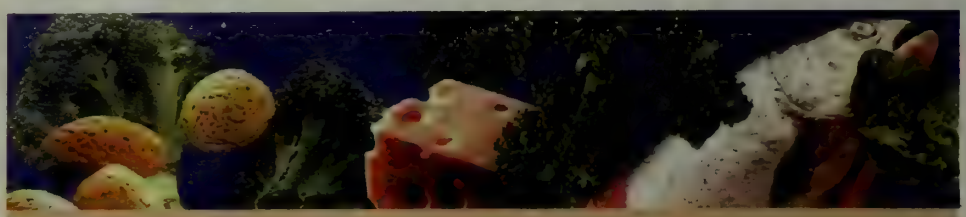
AFTER MENOPAUSE

Calcium intake continues to be critical after menopause because from age 65, women have up to a one-in-three chance of breaking a bone due to osteoporosis. Dr. Wardlaw points out, "When regular menstrual periods stop, levels of estrogen drop. This is serious because estrogen regulates calcium in the body." But women can fight back: Research shows that when women increase their dietary calcium after menopause, they can reduce further weakening of their bones and therefore lower the risk of suffering fractures.

Other studies suggest that additional vitamin D may even reverse the osteoporotic process because vitamin D aids the body's absorption of calcium and stimulates bone cell growth. Research in this area to date is inconclusive, however, and Dr. Wardlaw cautions that any deposition of new bone would be occurring on already weakened bone structure.

Estrogen replacements and other drugs have proven effective in staving off bone degeneration for some post-menopausal women. But again, other research suggests supplemented estrogen may increase some women's risk of developing certain cancers. (*See Estrogen—Friend or Foe? page 90.*) You should ask your doctor if you would benefit from estrogen or other treatments.

Calcium is best absorbed by the body in the presence of acid. After about age 65, however, our bodies produce less stomach acid. This condition, in turn, leads to difficulty digesting dairy products, which can contribute to a further decrease in the body's calcium level. It also lessens the desire to consume dairy products, and so lowers intake of that rich source of calcium—a double-whammy for folks over 65.



CALCIUM CONTENT OF SELECTED FOODS (*FROM USDA*)

1 cup yogurt	345 mg	½ cup frozen spinach	138 mg
1 cup skim milk	302 mg	1 Tbsp. molasses	137 mg
1 cup 2% milk	297 mg	2 Tbsp. non-fat dry milk	104 mg
½ cup tofu, firm	258 mg	2 sardines	92 mg
1 oz. cheese	250 mg	¼ cup almonds	92 mg
¾ cup fortified oatmeal	163 mg	½ cup fresh, cooked kale	47 mg
1 cup 2% cottage cheese	155 mg	½ cup fresh, cooked broccoli	36 mg

WHAT YOU NEED TO STAY AHEAD OF THE GAME

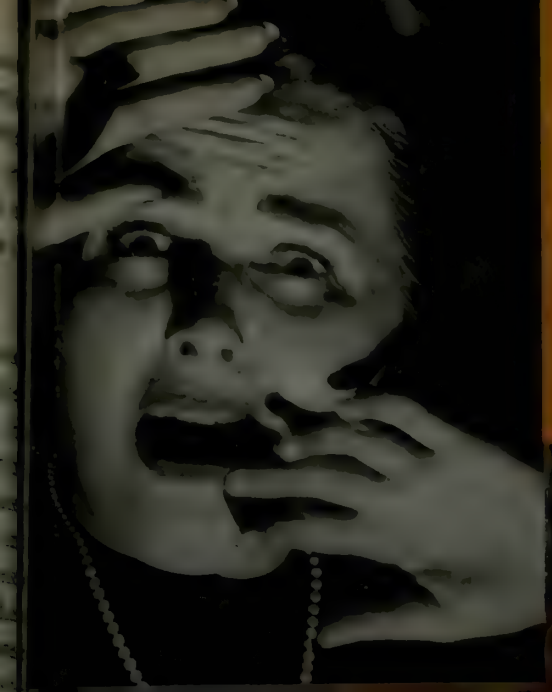
Current Recommended Daily Allowances (RDA) for calcium were established in 1989. Recent research compiled by the National Institutes of Health (NIH) suggests that these levels may not be enough to check the calcium crisis effectively. Their recommendations can be up to 400 mg a day higher than the RDAs.

AGE	CURRENT RDA	NIH CONSENSUS
Birth to 6 months	400 mg	same
6 months to 1 year	600 mg	same
1 to 5 years	800 mg	same
6 to 10 years	800 mg	up to 1200 mg
11 to 24 years	1200 mg	up to 1500 mg
25 and over	800 mg	up to 1000 mg
Pregnancy/lactation	1200 mg	up to 1500 mg
Post-menopause		up to 1500 mg

INCREASE CALCIUM WITHOUT ADDING FAT

Add several tablespoons of non-fat dry milk powder to skim milk to increase both the taste and the calcium content without increasing the fat. Each tablespoon adds over 50 mg of calcium. Non-fat dry milk can also be added to soups, yogurt-fruit shakes (smoothies), puddings, and hot cereals. And don't ignore calcium-fortified foods; ¾ cup of calcium-fortified cereal with ½ cup of skim milk can provide around 200 to 300 mg of calcium. A cup of calcium-fortified orange juice adds another 300 mg. Most rice milk products and non-dairy, low-fat soy milk products also come calcium fortified.

continued on page 89



"No! *Please! I beg of you!* Don't ask me to make *seafood.*"

Fear not. There's nothing to it with NEW Louis Kemp® FAT FREE Scallop Delights.

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SEAFOOD PASTA

Serves 4 to 6

1 pkg. (8 oz.) Louis Kemp Fat Free Scallop Delights
1 medium onion (chopped)
1 small bell pepper (chopped)
1 clove garlic (minced)
1 tsp. dried oregano
2 Tbs. olive oil
2 16-oz. cans diced tomatoes
1 tsp. oregano
Salt and pepper to taste
1 pound angel hair pasta (cooked)

In a skillet, combine oil, onion, bell pepper and garlic. Sauté until vegetables are tender. Add tomatoes, oregano, salt and pepper; bring to a boil for 1 minute. Reduce heat, simmer for 10 minutes. Add scallops and simmer 5 minutes. Serve sauce warm over pasta. Top with grated Parmesan cheese. For more recipes, call 1-800-522-1421.

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Take SPORANOX treatment orally for just 3 months and you may see a visible difference.
Soon after you stop taking SPORANOX, you may notice that the new nail growing in appears normal. Since nails need time to grow, you should expect it to be several months before healthy, new nails grow in.
So, now you can give thick, yellowing, brittle nails the boot and start growing fresh, new nails!
Ask your doctor or other healthcare professional about prescribing SPORANOX today.
For more information, call
1-800-595-NAILS ext. 201
What you should know about the safety of SPORANOX: SPORANOX has been well tolerated in patients. In clinical trials involving patients with thick, hard, yellowish, and/or brittle nails (onychomycosis), the following adverse effects led to either a temporary or a permanent discontinuation of treatment: elevated liver enzymes (4%), gastrointestinal disorders (4%), and rash (3%).
WARNING: SPORANOX must not be taken with terfenadine (Seldane®), astemizole (Hismanal®), cisapride (Propulsid®), or oral triazolam (Halcion®).
In rare instances, there were reports of elevated liver enzymes and hepatitis. (If clinical signs and symptoms consistent with liver disease develop, SPORANOX should be discontinued.) If you're pregnant or considering pregnancy, you should not take SPORANOX. Take SPORANOX only as directed by your doctor, and report any adverse effects to your doctor as soon as possible.
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(itraconazole capsules)
PLEASE SEE IMPORTANT ADDITIONAL INFORMATION ON ADJACENT PAGE

sporanox® 100 mg
(itraconazole capsules)

Before prescribing, please consult complete prescribing information of which the following is a brief summary.

WARNING: Coadministration of terfenadine with itraconazole is contraindicated. Serious cardiovascular adverse events, including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole concomitantly with terfenadine. This is due to elevated terfenadine concentrations caused by itraconazole. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

Another oral azole antifungal, ketoconazole, inhibits the metabolism of astemizole, resulting in elevated plasma concentrations of astemizole and its active metabolite desmethylastemizole, which may prolong QT intervals. Based on results of an *in vitro* study and the chemical resemblance of itraconazole and ketoconazole, coadministration of astemizole and itraconazole is contraindicated. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

Coadministration of cisapride with itraconazole is contraindicated. Serious cardiovascular adverse events including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole concomitantly with cisapride. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

INDICATIONS AND USAGE

SPORANOX (itraconazole capsules) is indicated for the treatment of the following fungal infections in immunocompromised and non-immunocompromised patients:

1. Blastomycosis, pulmonary and extrapulmonary;
2. Histoplasmosis, including chronic cavitary pulmonary disease and disseminated, non-meningeal histoplasmosis;
3. Aspergillosis, pulmonary and extrapulmonary, in patients who are intolerant of or who are refractory to amphotericin B therapy; and
4. Onychomycosis due to dermatophytes (tinea unguium) of the toenail with or without fingernail involvement.

CONTRAINDICATIONS

Coadministration of terfenadine, astemizole or cisapride with SPORANOX (itraconazole capsules) is contraindicated. (See BOX WARNING, WARNINGS, and PRECAUTIONS sections.)

Concomitant administration of SPORANOX with oral triazolam or with oral midazolam is contraindicated. (See PRECAUTIONS section.)

SPORANOX should not be administered for the treatment of onychomycosis to pregnant patients or to women contemplating pregnancy.

SPORANOX is contraindicated in patients who have shown hypersensitivity to the drug or its excipients. There is no information regarding cross hypersensitivity between itraconazole and other azole antifungal agents. Caution should be used in prescribing SPORANOX to patients with hypersensitivity to other azoles.

WARNINGS

In U.S. clinical trials prior to marketing, there have been three cases of reversible idiosyncratic hepatitis reported among more than 2500 patients taking SPORANOX (itraconazole capsules). One patient outside the U.S. developed fulminant hepatitis and died during SPORANOX administration. Since this patient was on multiple medications, the causal association with SPORANOX is uncertain. If clinical signs and symptoms consistent with liver disease develop that may be attributable to itraconazole, SPORANOX should be discontinued.

Prior to U.S. marketing, there have been three cases of life-threatening cardiac dysrhythmias and one death reported in patients receiving terfenadine and itraconazole. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

Coadministration of astemizole with SPORANOX is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

Concomitant administration of oral ketoconazole with cisapride has resulted in markedly elevated cisapride plasma concentrations, prolonged QT intervals, and has rarely been associated with ventricular arrhythmias and torsades de pointes. Due to potent *in vitro* inhibition of the hepatic enzyme system mainly responsible for the metabolism of cisapride (cytochrome P450 3A4), itraconazole is also expected to markedly raise cisapride plasma concentrations; therefore, concomitant use of cisapride with SPORANOX is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

PRECAUTIONS

General: Hepatic enzyme test values should be monitored in patients with preexisting hepatic function abnormalities. Hepatic enzyme test values should be monitored periodically in all patients receiving continuous treatment for more than one month or at any time a patient develops signs or symptoms suggestive of liver dysfunction.

SPORANOX (itraconazole capsules) should be administered after a full meal.

Under fasted conditions, itraconazole absorption was decreased in the presence of decreased gastric acidity. The absorption of itraconazole may be decreased with the concomitant administration of antacids or gastric acid secretion suppressors. Studies conducted under fasted conditions demonstrated that administration with 8 ounces of a cola beverage resulted in increased absorption of itraconazole in AIDS patients with relative or absolute achlorhydria. This increase relative to the effects of a full meal is unknown.

Information for patients: Patients should be instructed to take SPORANOX with a full meal.

Patients should be instructed to report any signs and symptoms that may suggest liver dysfunction so that the appropriate laboratory testing can be done. Such signs and symptoms may include unusual fatigue, anorexia, nausea and/or vomiting, jaundice, dark urine or pale stool.

Drug interactions: Both itraconazole and its major metabolite, hydroxyitraconazole, are inhibitors of the cytochrome P450 3A4 enzyme system. Coadministration of SPORANOX and drugs primarily metabolized by the cytochrome P450 3A4 enzyme system may result in increased plasma concentrations of the drugs that could increase or prolong both therapeutic and adverse effects. Therefore, unless otherwise specified, appropriate dosage adjustments may be necessary.

Coadministration of terfenadine with SPORANOX has led to elevated plasma concentrations of terfenadine, resulting in rare instances of life-threatening cardiac dysrhythmias and one death. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Another oral azole antifungal, ketoconazole, inhibits the metabolism of astemizole, resulting in elevated plasma concentrations of astemizole and its active metabolite desmethylastemizole which may prolong QT intervals. *In vitro* data suggest that itraconazole, when compared to ketoconazole, has a less pronounced effect on the biotransformation system responsible for the metabolism of astemizole. Based on the chemical resemblance of itraconazole and ketoconazole, coadministration of astemizole with itraconazole is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Human pharmacokinetics data indicate that oral ketoconazole potently inhibits the metabolism of cisapride resulting in an eight-fold increase in the mean AUC of cisapride. Data suggest that coadministration of oral ketoconazole and cisapride can result in prolongation of the QT interval on the ECG. *In vitro* data suggest that itraconazole also markedly inhibits the biotransformation system mainly responsible for the metabolism of cisapride; therefore concomitant administration of SPORANOX with cisapride is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Coadministration of SPORANOX with oral midazolam or triazolam has resulted in elevated plasma concentrations of the latter two drugs. This may potentiate and prolong hypnotic and sedative effects. These agents should not be used in patients treated with SPORANOX. If midazolam is administered parenterally, special precaution is required since the sedative effect may be prolonged. (See CONTRAINDICATIONS section.)

Coadministration of SPORANOX and cyclosporine, tacrolimus or digoxin has led to increased plasma concentrations of the latter three drugs. Cyclosporine, tacrolimus and digoxin concentrations should be monitored at the initiation of SPORANOX therapy and frequently thereafter, and the dose of these three drug products adjusted appropriately.

There have been rare reports of rhabdomyolysis involving renal transplant patients receiving the combination of SPORANOX, cyclosporine, and the HMG-CoA reductase inhibitors lovastatin or simvastatin. Rhabdomyolysis has been observed in patients receiving HMG-CoA reductase inhibitors administered alone (at recommended dosages) or concomitantly with immunosuppressive drugs including cyclosporine.

When SPORANOX was coadministered with phenytoin, rifampin, or H2-antagonists, reduced plasma concentrations of itraconazole were reported. The physician is advised to monitor the plasma concentrations of itraconazole when any of these drugs is taken concurrently, and to increase the dose of SPORANOX if necessary. Although no studies have been conducted, concomitant administration of SPORANOX and phenytoin may alter the metabolism of phenytoin; therefore, plasma concentrations of phenytoin should also be monitored when it is given concurrently with SPORANOX.

It has been reported that SPORANOX enhances the anticoagulant effect of coumarin-like drugs. Therefore, prothrombin time should be carefully monitored in patients receiving SPORANOX and coumarin-like drugs simultaneously.

Plasma concentrations of azole antifungal agents are reduced when given concurrently with isoniazid. Itraconazole plasma concentrations should be monitored when SPORANOX and isoniazid are coadministered.

Severe hypoglycemia has been reported in patients concomitantly receiving azole antifungal agents and oral hypoglycemic agents. Blood glucose concentrations should be carefully monitored when SPORANOX and oral hypoglycemic agents are coadministered.

Tinnitus and decreased hearing have been reported in patients concomitantly receiving SPORANOX and [illegible]. Edema has been reported in patients concomitantly receiving SPORANOX and dihydropyridine calcium channel blockers. Appropriate dosage adjustments may be necessary.

The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/dose, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX, 100 mg b.i.d.

Carcinogenesis, Mutagenesis and Impairment of Fertility: Itraconazole showed no evidence of carcinogenicity in mice treated orally for 23 months at dosage levels up to 80 mg/kg/day (approximately 10x the maximum recommended human dose (MRHD)). Male rats treated with 25 mg/kg/day (3.1x MRHD) had a slightly increased incidence of soft tissue sarcoma. These sarcomas may have been a consequence of hypercholesterolemia, which is a class effect in rats, but not dogs or humans, to chronic itraconazole administration. Female rats treated with 50 mg/kg/day (6.25xMRHD) had an increased incidence of squamous cell carcinoma of the lung (2/50) as compared to the control group. Although the occurrence of squamous cell carcinoma in the lung is extremely uncommon in untreated rats, the increase in this study was not statistically significant.

Itraconazole produced no mutagenic effects when assayed in appropriate bacterial, non-mammalian and mammalian test systems.

Itraconazole did not affect the fertility of male or female rats treated orally with dosage levels of up to 40 mg/kg/day (5x MRHD) even though parental toxicity was present at this dosage level. More severe signs of parental toxicity, including death, were present in the next higher dosage level, 160 mg/kg/day (20x MRHD).

Pregnancy: Teratogenic Effects. Pregnancy Category C: Itraconazole was found to cause a dose-related increase in maternal toxicity, embryotoxicity and teratogenicity in rats at dosage levels of approximately 40-160 mg/kg/day (5-20xMRHD) and in mice at dosage levels of approximately 80 mg/kg/day (10x MRHD). In rats, the teratogenic effects consisted of major skeletal defects; in mice it consisted of encephaloceles and/or macroglossia.

There are no studies in pregnant women. SPORANOX should be used for the treatment of systemic fungal infections in pregnancy only if the benefit outweighs the potential risk. SPORANOX should not be administered for the treatment of onychomycosis to pregnant patients or to women contemplating pregnancy. SPORANOX should not be administered to women of child-bearing potential for the treatment of onychomycosis unless they are using effective measures to prevent pregnancy and the patient begins therapy on the second or third day of the next normal menstrual period. Effective contraception should be continued throughout SPORANOX therapy and for 2 months following treatment.

Nursing Mothers: Itraconazole is excreted in human milk; therefore, SPORANOX should not be administered to nursing women.

Pediatric Use: The efficacy and safety of SPORANOX have not been established in pediatric patients. No pharmacokinetic data are available in children. A small number of patients age 3 to 16 years have been treated with 1 to 5 mg/kg of itraconazole for systemic fungal infections and no serious unexpected adverse effects have been reported.

In three toxicology studies using rats, itraconazole induced bone defects at dosage levels as low as 20 mg/kg/day (2.5xMRHD). The induced defects included reduced bone plate activity, thinning of the zona compacta of long bones and increased bone fragility. At a dosage level of 80 mg/kg/day (10x MRHD) over one year or 160 mg/kg/day (20x MRHD) for six months, itraconazole induced small tooth pulp with hypocellular appearance in some rats.

While no such bone toxicity has been reported in adult patients, the long term effect of itraconazole in adult patients is unknown.

HIV-infected Patients: Because hypochlorhydria has been reported in HIV-infected individuals, the absorption of itraconazole in these patients may be decreased.

The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/dose, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX, 100 mg b.i.d.

ADVERSE REACTIONS

In U.S. clinical trials prior to marketing, there have been three cases of reversible idiosyncratic hepatitis reported among more than 2500 patients. One patient outside the U.S. developed fulminant hepatitis and died during SPORANOX (itraconazole capsules) administration. Because this patient was on multiple medications, the causal association with SPORANOX is uncertain. (See WARNINGS section.)

ONYCHOMYCOSIS:
Adverse events in the following table led to either temporary or permanent discontinuation of treatment:

Body System/Adverse Event	Incidence (%) (n=112)
Elevated Liver Enzymes (>2x normal range)	4%
Gastrointestinal Disorders	4%
Rash	3%
Hypertension	2%
Orthostatic Hypotension	1%

Body System/Adverse Event	Incid (n
Headache	
Malaise	
Myalgia	
Vasculitis	
Vertigo	

SYSTEMIC FUNGAL INFECTIONS:
Adverse experience data in the following table are derived from 602 patients treated for systemic fungal infections in U.S. clinical trials, who were immunocompromised or receiving multiple concomitant medications. Of these patients, treatment was discontinued in 10.5% of patients due to adverse events. The median duration before discontinuation of therapy was 81 days, with a range of 2-776 days. The table lists adverse events reported by at least 1% of patients.

Body System/Adverse Event (Incidence ≥ 1%)	Incidence (%)
Gastrointestinal Disorders	
Nausea	10.6
Vomiting	5.1
Diarrhea	3.3
Abdominal Pain	1.5
Anorexia	1.2
Body as a Whole	
Edema	3.5
Fatigue	2.8
Fever	2.5
Malaise	1.2
Skin and Appendages	
Rash	8.6*
Pruritus	2.5
Central and Peripheral Nervous System	
Headache	3.8
Dizziness	1.7

Body System/Adverse Event (Incidence ≥ 1%)	Incide
Psychiatric Disorders	
Libido decreased	
Somnolence	
Cardiovascular Disorders	
Hypertension	
Metabolic and Nutritional Disorders	
Hypokalemia	
Urinary System Disorders	
Albuminuria	
Liver and Biliary System Disorders	
Hepatic function abnormal	
Reproductive Disorders, Male	
Impotence	

*Rash tends to occur more frequently in immunocompromised patients receiving immunosuppressive medication.

Adverse events infrequently reported in all studies included: constipation, gastritis, depression, insomnia, menstrual disorder, adrenal insufficiency, gynecomastia and male breast pain.

In worldwide postmarketing experience with SPORANOX, allergic reactions including rash, pruritus, angioedema and in rare instances, anaphylaxis and Stevens-Johnson syndrome, have been reported. Most experiences have also included reports of elevated liver enzymes and rare hepatitis. Although the causal association with SPORANOX is uncertain, rare hypertriglyceridemia and isolated cases of neuropathy have also been reported.

OVERDOSAGE

Itraconazole is not removed by dialysis. In the event of accidental overdosage, supportive measures, including gastric lavage with sodium bicarbonate, should be employed.

No significant lethality was observed when itraconazole was administered orally to mice and rats at dosages of 320 mg/kg or to dogs at 200 mg/kg.

Rev. April 1995, September 1995

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Bone Loss

continued from page 84

HOW ABOUT SUPPLEMENTS?

According to USDA Guidelines (1986), up to 2000 mg of calcium a day can be considered safe. Supplements should be used only as directed. Excessive calcium intake can interfere with absorption of other minerals, such as iron and zinc. Too much calcium may even increase your risk of developing kidney stones.

Dr. Lindsay Allen, Ph.D., R.D., at University of California–Davis, says that women in their thirties and forties may benefit from early intervention and steer toward supplementation, but she also points out there is "no harm in deriving (enough calcium) from diet." Expressing concern about turning to supplements for needed calcium and vitamin D, Dr. Bess Dawson-Hughes of the USDA Human Nutrition Research Center at Tufts University notes that "Relying on supplements for your vitamins and minerals allows the supplements to become an excuse for not obtaining calcium in the most effective way— the diet."

Lately, some antacids are being touted for their calcium content. Although taking antacids as directed is not harmful, don't rely on them as your source of calcium: They are not supplements. Besides, the job of an antacid is to decrease the acid in your stomach, creating the opposite environment needed for optimum calcium absorption; consequently, they may not always provide the expected benefit.

WHEN DAIRY PRODUCTS ARE A PROBLEM

Many people have reduced tolerance for lactose, the milk sugar in dairy products. Indeed, osteoporosis and lactose intolerance often go hand in hand. Fortunately, there is now a variety of alternate calcium sources, such as lactose-free milk and cheeses. These are rich in calcium, taste better than ever, and are readily available. Lactose-sensitive people often have little or no difficulty eating yogurt, goat or sheep's milk products, or hard, aged cheeses like Parmesan or Romano.

Some non-dairy foods, such as sardines, salmon, tofu, calcium-fortified soy or rice milk, blackstrap molasses, almonds, and leafy green vegetables (especially kale and broccoli) are also good sources of calcium. Even though non-dairy foods contain less calcium than dairy products, absorption of the mineral will increase if they are the body's only source for it.

by Patricia Lopez Baden

estrogen



friend or foe?

DO THE BENEFITS OUTWEIGH THE RISKS?

Sally Howard first thought about taking hormone replacement when the drenching hot flashes that often herald menopause began to disrupt her life.

"Sometimes, I'd get four or five in an hour. It was like someone dumped hot water on me," she says. "At night, I'd sometimes have them so bad that I had to get up and change the sheets."

But Sally had more than hot flashes to consider. Two of her three aunts developed osteoporosis, and Sally's bone density had tested low. Hormone replacement therapy—a combination of estrogen, the female sex hormone, and progestin, another hormone—could end the hot flashes and protect Sally against further bone loss. But Sally's mom died at 54 of breast cancer, and some studies suggest estrogen can increase your risk of breast cancer.

That left Sally, 59, in the same quandary as millions of women—should she take hormone replacement and reap some undeniable benefits even if it increases her chances of a disfiguring and sometimes fatal disease?

For many menopausal women, the decision to take hormone replacement remains an agonizing one. It sharply reduces your risk of osteoporosis and heart disease, two of the biggest health problems among older women. Hormone replacment also relieves menopausal symptoms, such as hot flashes, insomnia, and vaginal dryness.

continued on page 92

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estrogen

continued from page 90

But the reported link between hormone replacement and breast cancer, and the unpleasant side effects some women experience, keep many from filling their prescriptions. Only about 30 percent of menopausal women take synthetic hormones. Others worry doctors have "medicalized" a natural life stage and that enough studies haven't been done to determine the long-term effects of hormone therapy.

"If you don't have severe menopausal symptoms—and the majority of women don't—you're making a conscious decision to take a medication for years to prevent diseases you may or may not get," says Charles Hammond, M.D., chairman of the obstetrics and gynecology department at Duke University.

The facts. At the turn of the century, few women worried about menopause because few expected to live past it. Today, most women can expect to live one third of their lives *after* menopause.

For some, the end of menstruation means little more than an occasional hot flash and the not-unpleasant realization that monthly cramps and bloat are only memories. Others will struggle through years of night sweats, mood swings, insomnia, and a host of other symptoms.

Most women enter menopause in their 50s, but symptoms can start seven to 10 years before that. Marie Wilson, 55, of New York, experienced her first hot flash at 42.

"I was sitting in a meeting, and I suddenly got so hot I thought, 'This is the end. I'm going to die,' " she says. "It was this body-engulfing experience and I had no context, no frame of reference for it."

Sharon Slettehaugh thought she was years away from having to think about menopause when suddenly, at 39, she noticed changes in her period. "One doctor said I must be running too much," says Sharon, who was running 25 miles a week. At 41, she pushed her doctor to give her a follicle-stimulating hormone test, which can indicate the beginning of menopause. The results showed that Sharon was among the relatively small percent of women who experience menopause as early as 40.



"STUDIES HAVE FOUND THAT HORMONE REPLACEMENT SLOWS BONE DETERIORATION."

The benefits. During your reproductive years, estrogen safeguards your heart and bones. When it disappears, so does the protection. Studies have found that hormone replacement slows bone deterioration. It cuts your risk of cardiovascular disease almost in half, partially by elevating HDL, or "good" cholesterol, and reducing LDL, or "bad" cholesterol.

That's important because around age 45 estrogen levels that help keep your arteries open, increase blood flow, and lower cholesterol start to fall and your chance of heart disease climbs to one in seven. By 65, the risk jumps to one in three—the same as men. Heart disease kills 500,000 women a year and is the number one killer of women 65 and older.

"Women seriously underestimate their chances of heart disease and overestimate their risk of breast cancer," says June La Valleur, M.D., a gynecologist and director of the Mature Women's Health Center in Minneapolis. "If you compare heart and breast, even if you have two immediate relatives with breast cancer, you still have a greater risk of heart disease." According to the *Cancer Journal for Clinicians*, the risk of developing breast cancer between ages 40-59 is one in 26. Between 60-79, the risk is one in 15.

Sharon, who gave up a vice presidency at a brokerage firm to start *Midlife Women's Network*, a bimonthly newsletter devoted to midlife issues, says the fear of breast cancer runs deep.

"No matter what the evidence says, women are much more afraid of breast cancer than almost anything else," she says. "They see it as lingering death with painful, awful treatments. The perception, though inaccurate, is that heart disease is quicker, less painful."

The risks. The concerns about breast cancer and hormone replacement were heightened last year by two conflicting studies. *The New England Journal of Medicine* published a study that found that women who took hormone replacement for more than five years had a slightly bigger risk of getting breast cancer than women who hadn't taken any.

One month later, a study appearing in *The Journal of the American Medical Association* reported that there was no increased risk for women taking hormone replacement and that there was even a slightly lower risk among women who had taken it for more than eight years.

Doctors don't deny that breast cancer is a fearsome disease. It is, however, more detectable and more treatable (and claims far fewer lives) than heart disease. Only five of the 40 studies done in the last decade suggest an increased risk of breast cancer, says Dr. Hammond. Estrogen has been prescribed to menopausal women for more than 40 years, he says, and birth control pills—which contain much higher

continued on page 94

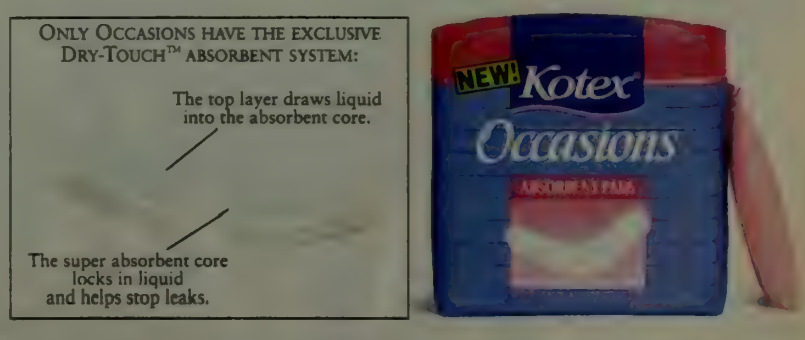
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estrogen

continued from page 92

doses of estrogen—have been taken by millions of women for decades.

"If there was a big risk of breast cancer from estrogen, I think it would have been obvious by now," he says. "I'm not willing to say there's no increase, but I would say it must be very little."

Gloria Sharp, of Shaker Heights, Ohio, isn't so sure. When she started having severe hot flashes at 47, she found relief with an estrogen patch. Worn on the abdomen or buttocks, the patch slowly secretes estrogen for three to seven days. The patch worked, but within a year, a routine mammogram detected breast cancer. Gloria quickly had a lumpectomy and radiation therapy and was taken off estrogen.

"I consider myself very lucky because my cancer has not recurred," says Gloria, now 52. "They tell me the tumor was there for years, long before I got the patch. Was I a victim of estrogen replacement? I don't know. I'll probably never know."

ON THE HORIZON

In 1991, the National Institutes of Health launched a 14-year, $265 million Women's Health Initiative. By tracking more than 160,000 women, the study promises the first in-depth look at an array of women's health issues.

Chief among its goals: To sort out the slew of studies that have linked hormone therapy to lower colon cancer rates, higher and lower breast cancer rates, reduced heart disease, and even a decrease in the risk of Alzheimer's disease. There have been at least 40 such studies in the past decade, but experts say most have been too small, to short in duration, or had other methodological flaws that rendered their results intriguing but inconclusive.

Educate yourself. In the absen of complete medical data, the be advice is to learn all you can abo hormone replacement and make careful assessment of your own risk Don't be swayed by the latest stuc says Morris Notelovitz, M.D. Ph.D., and founder of the Nation Menopause Foundation Inc. Gainesville, Florida.

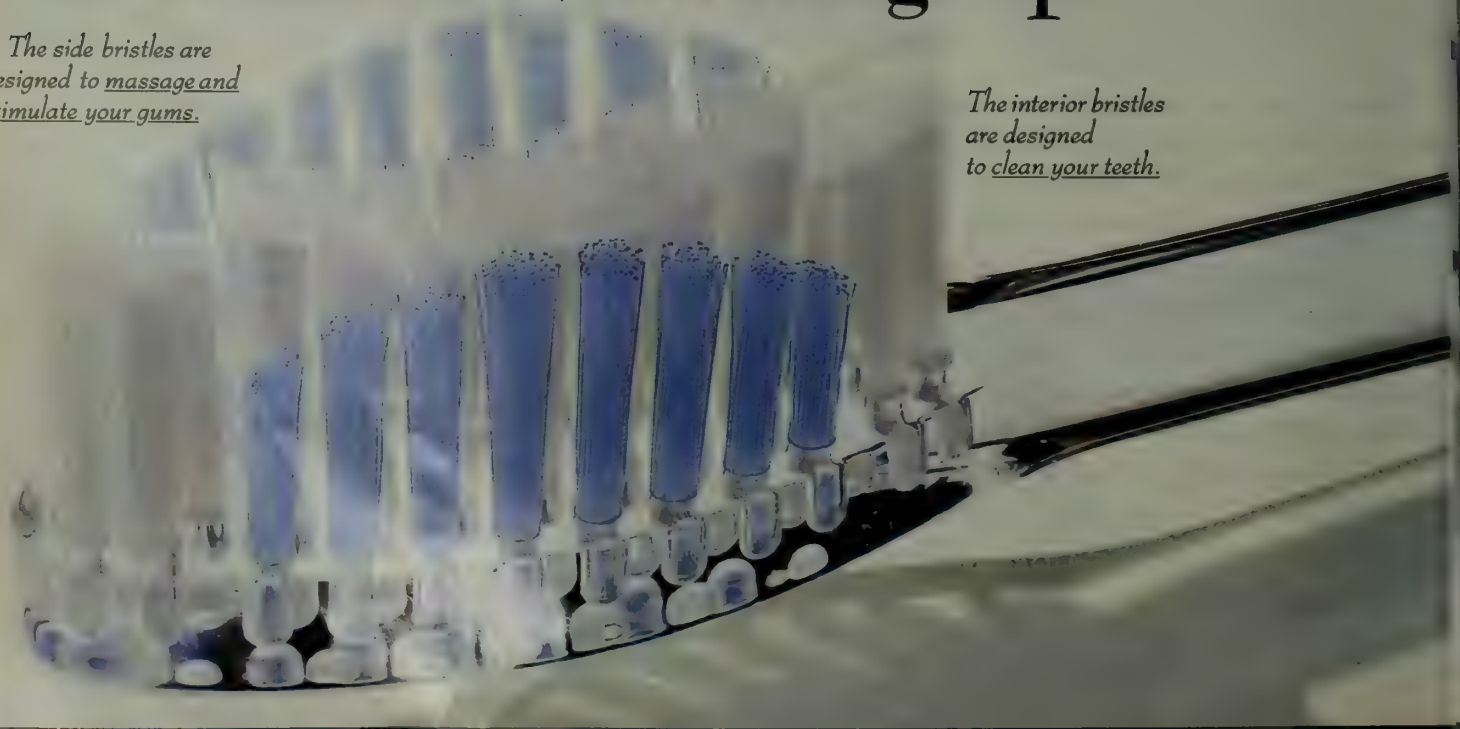
Research your medical history, g a full physical, and have a baselir mammogram, a bone-density test (t measure the risk for osteoporosis and a lipid profile, which give detailed cholesterol informatio Some doctors also recommend a exercise stress test to measure accu rately the health of your heart.

Dr. La Valleur also suggests takin a critical self-analysis of you lifestyle. "The things you can con trol—smoking, exercise, diet—pos

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far greater risk than estrogen," she ys. "But people don't want to hear at because it's tough to do."

Since her cancer diagnosis, Gloria s had a lot of time to reflect on hat she now considers the biggest ealth risk of all—not being an edu- ted consumer. "I was so naive," she ys. "I hadn't read anything before I ook estrogen. My mom's sister died f breast cancer, but I didn't know to ention that. I don't remember the octors even asking about a history."

Women like Gloria, Sally, and haron say that learning all they ould about menopause helped them ealize it's simply another chapter in fe—one that can bring freedom, ew directions, and confidence.

"Just ask questions, ask questions, sk questions," says Gloria. "And xpect answers. If a doctor won't take ime with you, move on. I'm still ooking for choices."

PLAIN TALK ON MENOPAUSE

Q. When can I expect menopause to start?

A. Usually around 51, although symptoms can begin in your 40s and last for years. Technically, you don't reach menopause until you skip a year's worth of periods.

Q. What are the symptoms?

A. Most women experience only a few symptoms, such as fatigue, hot flashes, night sweats, changes in sex drive, irritability, and urinary problems.

Q. If I choose hormone replacement therapy, what are my options?

A. Hormone replacement comes in pills, patches, injections, and vaginal creams. Pills are taken daily and provide the steadiest form of estrogen. Creams are used mostly to counter vaginal dryness. Patches are worn on the abdomen or buttocks, and the newest patches can be worn a full week.

If you've had a hysterectomy, you can take straight estrogen—termed "unopposed estrogen." Women who haven't had a hysterectomy are usually given a combination of estrogen and progestin because progestin eliminates the added risk of uterine cancer brought on by unopposed estrogen.

Q. How long will I have to take estrogen?

A. For menopausal symptoms, sometimes only months or a few years. To prevent heart disease and osteoporosis, you'll need to take it for as long as you want that protection.

Q. What are my alternatives?

A. Some women take vitamin E, or drink ginseng tea to relieve hot flashes and other symptoms. Other unproven treatments include vitamin B, mineral supplements, and acupuncture. For protection against heart disease, consider making lifestyle changes—lose weight if necessary, eat a low-fat diet, exercise regularly, stop smoking, and drink alcohol only in moderation.



by Steven Mumford

Special-Order Kitchen

Inspired by their favorite upscale diner, this kitchen's owners capture '30s nostalgia without sacrificing the hardworking amenities of a '90s kitchen.



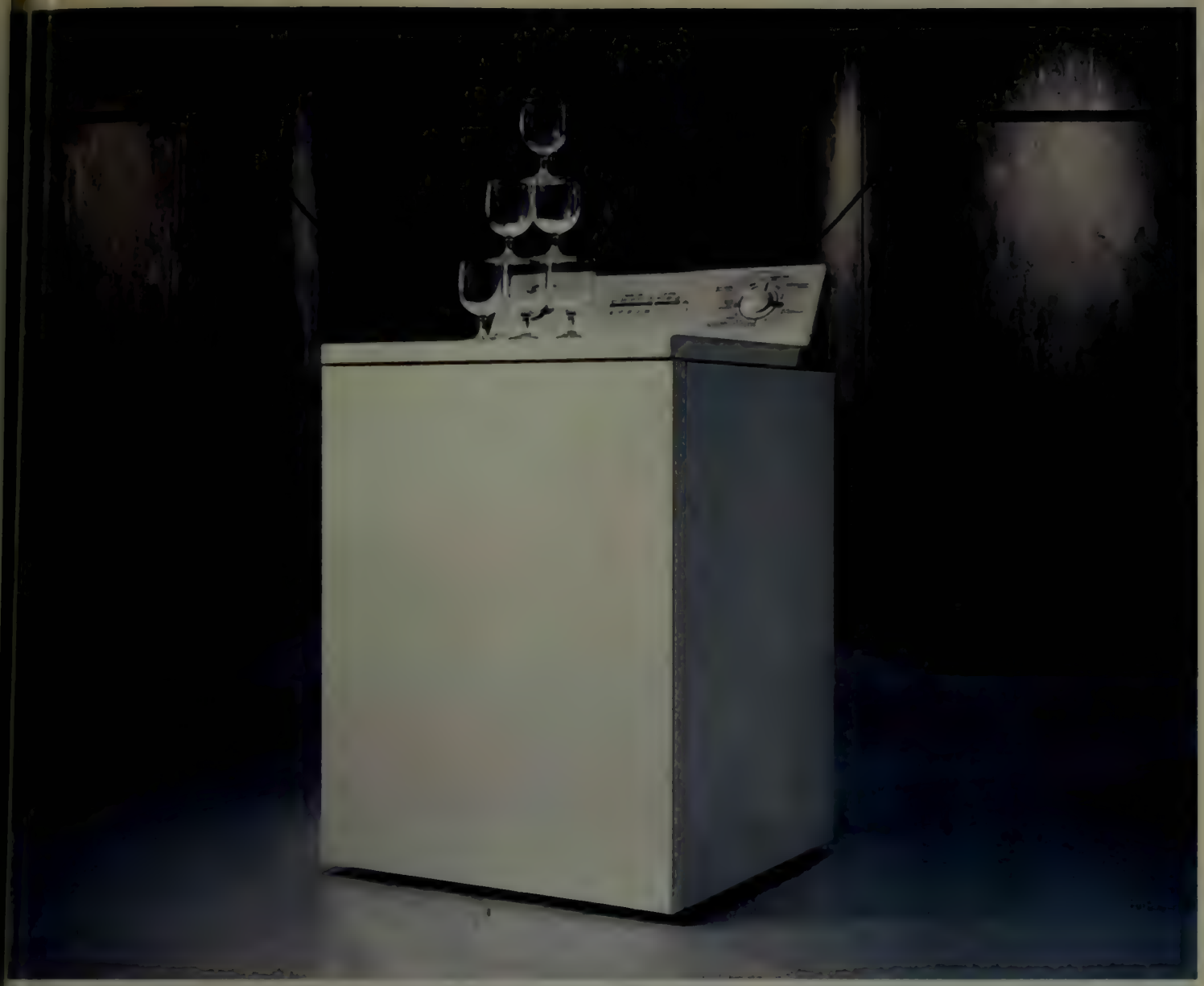
There's room for everyone. This large U-shaped kitchen boasts two distinct work centers so cooperating cooks never collide. White cabinets and chrome rails and pulls complement the gas cooktop's stainless steel backsplash and the electric cooktop's stainless steel counter.

They like to entertain. They *love* to cook. So when the owners of this Ponte Verda Beach, Florida, kitchen decided it was time to redesign, they created a space that makes it easy to do both. Now their U-shaped kitchen includes two self-contained cooking centers as well as plenty of space for guests to mingle and help out.

Because the focus on cooking is strong, guests frequently want to get in on the action—and in a kitchen like this, who wouldn't? But too many cooks can spoil the broth, so the space is designed to encourage central activity while keeping cooks and guests a counter's width apart. The counter is accessible from both sides, but there is only one entrance to the cooking core. This way, guests can stand opposite the cooks and chat or lend a hand at the butcher block without being in the way.

A combination of counter surfaces offers textural variety while enhancing aesthetic appeal and lets the cooks choose from wood, stainless steel, or granite depending on the type of food being prepared. In addition, a variety of counter heights makes it possible for even the tallest cooks to find a comfortable workspace.

continued on page 98



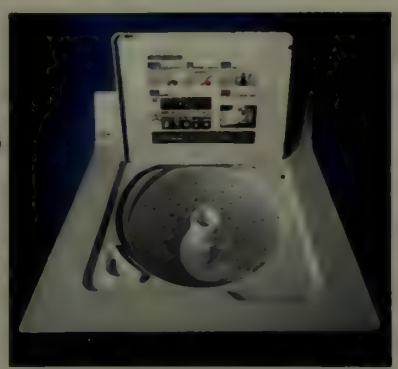
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Special-Order Kitchen

continued from page 96



Maroon, leatherlike material covers the banquette. Behind one end is a lighted open niche fo displaying art. Below the niche is a touch-latch compartment for stereo equipment. The round ed wall edge between the banquette and built-in stainless steel refrigerator softens the box lines, and the chrome pedestal and table edge reflect the diner theme.

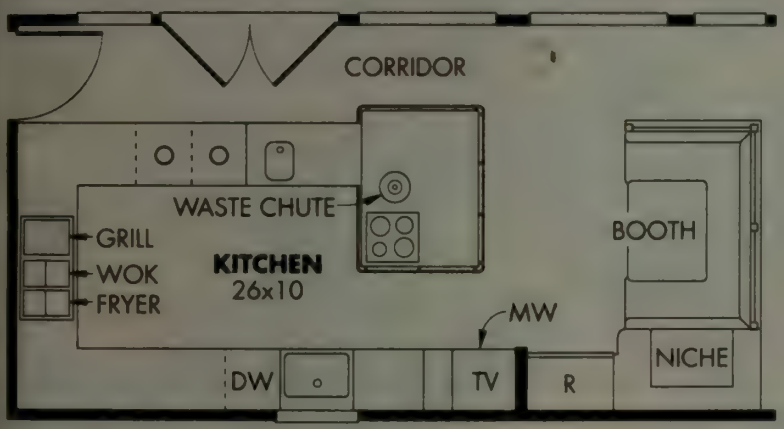
If the kitchen's subtle separation of the cooks and guests hints at the diner motif, a glassed-in booth drives it home. The banquette wraps around a chrome-edged pedestal table, and the booth is rimmed by horizontally ribbed glass set between wooden posts.

In a space once occupied by a wall and fireplace, the booth offers a casual eating area and defines th kitchen without entirely cutting it o from the dining room.

Darker colors bring warmth t this bright and shiny kitchen. Lik the rich, deep tones of the boot benches, terra-cotta-colored floo tiles (with gray grout) complemen the slightly mottled maroon an brown walls and solid brown ceiling



wo electric ovens sit side by side under the peninsula's granite-topped counter. Easy-care gran-e, wood, and stainless steel countertops make the expansive peninsula as hardworking as it attractive. The counter surfaces are suited to a variety of meal preparation activities.



How this kitchen functions is just as important as how it looks. Each work center includes its own sink, oven, and cooking surfaces. Both sinks have disposals, making it easy to discard food waste, and a shared waste shoot is set into the stainless steel counter to further facilitate quick cleanup. Two full-size ovens are set side by side so that there's always plenty of oven space; unlike stacked ovens, these can be accessed simultaneously.

Across the corridor, French doors and tall casement windows bring in natural light. Electrical lighting includes a variety of track and under-cabinet halogen lights along with recessed downlighting.

continued on page 101



figure 1. BEFORE
Grease splatters onto stovetops and becomes a hard-to-remove problem.

No more leftovers.



figure 2. AFTER

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pecial-Order Kitchen

tinued from page 99



stainless steel hood hovers over the gas cooking surfaces, which include a griddle (shown pen), a super burner for a wok, and a deep-fat fryer. When not in use, each can be closed ff by stainless steel panels that are hinged along the back.



The top of the garbage receptacle, set inconspicuously in the stainless steel counter, lifts off for easy disposal of food scraps, and, when full, the removable plastic liner can be carried easily to a compost area outside.

No diner kitchen would be complete without the clank and scrape of metal utensils and the sound of food sizzling on a hot griddle. This one doesn't disappoint. It has enough cooking surfaces to make most short-order cooks flip. The gas griddle is complemented by a large burner and a deep-fat fryer; all are backed by a stainless steel splash to make cleanup a snap.

continued on page 102

Attention control freaks.



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Special-Order Kitchen

continued from page 101



Made in England, this 8-inch-deep white enamel sink is recessed into the counter. Its generous width and tall faucet make it well suited for filling deep stockpots and soaking large pans.

By working with kitchen designe Matthew Rao, the homeowners wer able to maintain the diner moti while incorporating favorite furnish ings that weren't necessarily diner authentic. For instance, after seein the extra long, white enamel sinl *(above)* at a store in New York, th owners knew they had to have it. Rac worked with them to blend thi favorite element with the kitchen' overall diner style. "The farmhous sink, in this application, has a com-mercial '30s look. We made it more retro." says Rao. This was accom-plished by recessing it into the black granite countertop. Its 8-inch depth and tall, pot-filler faucet also make this sink exceptionally versatile.

continued on page 105

pecial-Order
itchen

ntinued from page 102



A space-saving, pull-out pantry and a cabinet under the microwave keep foods close to the cooking surfaces. White finishes further reinforce the diner motif.

No matter what the style, ample storage space is a must for any modern kitchen. Space limitations prevented the homeowners from using a traditional pantry, so they opted for a pull-out version instead. This tower pantry, located opposite the electric cooktop and right next to the microwave, puts pastas, spices, and sundries within ready reach. Roll-out drawers hide pots, pans, and larger dishes below the counter.

The microwave was designed for convenience, too. It's positioned at eye-level so you can always see what's cooking. This also makes it easy to get food from the microwave to the counter surface without having to reach too far.

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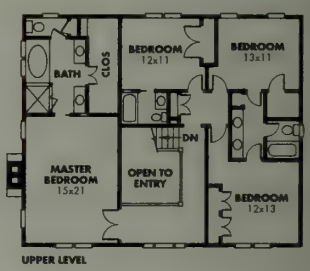
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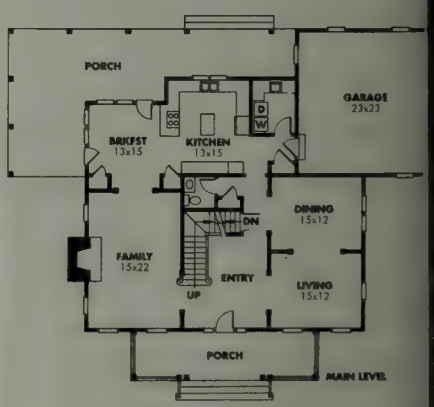
 by Steven Mumford

Echoes from the Past



From its wide front porch to its white wood siding, this home's exterior says 19th-century nostalgia. But behind the front door, you'll find an open floor plan that speaks the language of contemporary family life. To the left of the stairs, the spacious family room flows into a window-lined breakfast area. A conveniently located kitchen opens to the nook, and both are surrounded by a wrap-around rear porch. Along with these cozy casual spaces, there's still room for the classics—a formal entry and parlorlike living room. Upstairs, the design meets family needs with four bedrooms and three baths. The private, luxurious master suite comes complete with a two-sink vanity and generous closet space.





HOW TO ORDER PLANS

1. Determine the number of plans you want to order and calculate the price from those listed in the last column. Add $10 for postage and handling ($40 for next-day service); Georgia residents (only) add 6 percent sales tax.

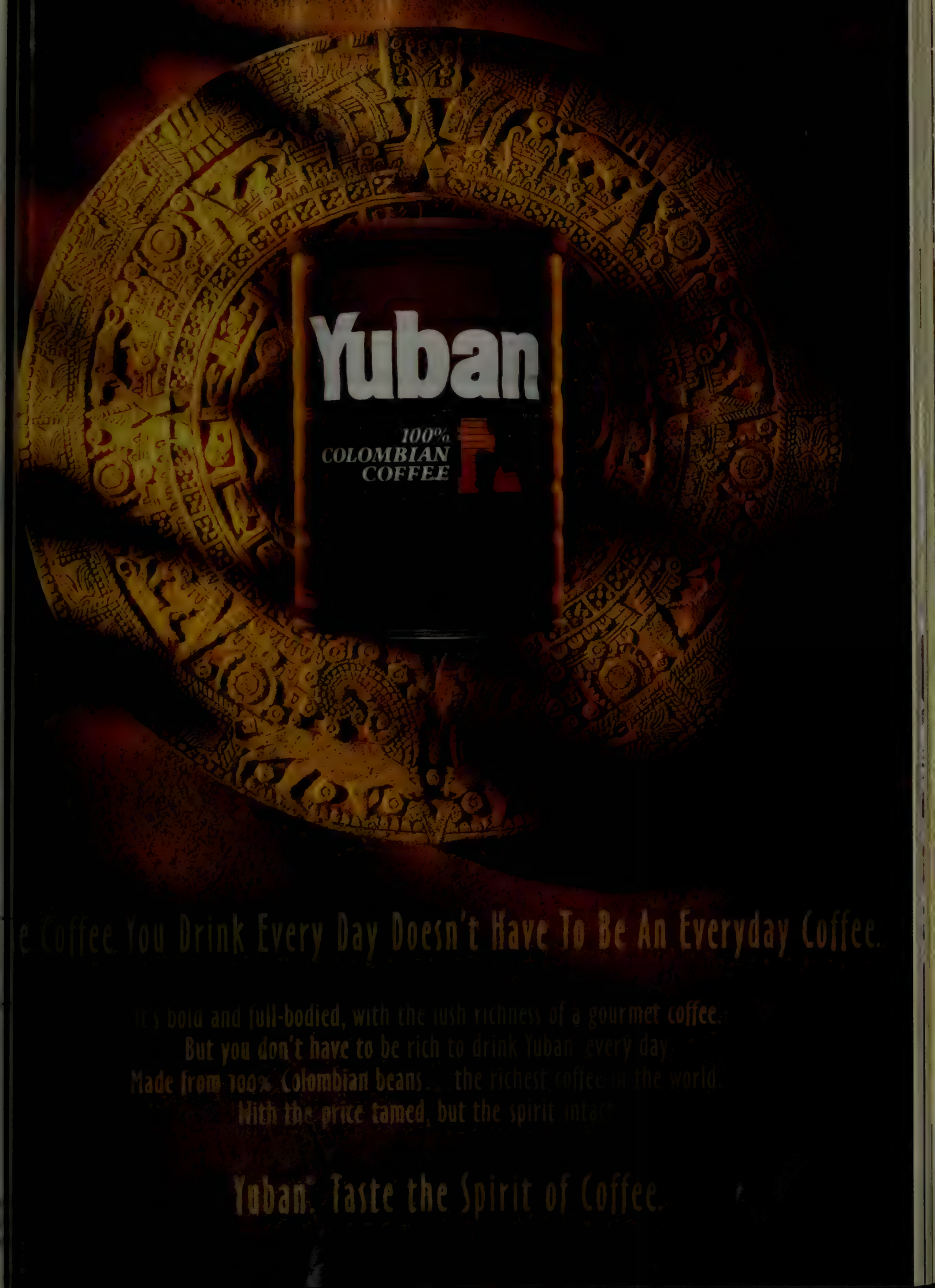
2. Specify plan: 346-BHG-0396.

3. Send name, address, and check, money order, or credit card information to: Design Traditions/BH&G, 1200 Ashwood Parkway, Suite 250, Atlanta, GA 30338; c[illegible] 800/274-2444; in At[illegible] 04/395-6200.

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Here are the prices:
SINGLE SET $350
SET OF EIGHT $450
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Total living area: 3,159 sq. f[illegible]
Main level: 1,613 sq. f[illegible]
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What's New for Your Hearth

Fire up! Today's fireplaces aren't always made of brick, don't burn only wood, and should do more than just add visual warmth to a room. Manufacturers are turning up the heat with new designs and fuels that make fireplaces more flexible as both visual elements and heat providers. Whether you want a new fireplace for its romantic glow or you are retrofitting an old hearth in a quest for more heat, here's an overview of some cutting-edge designs that will set your heart ablaze.

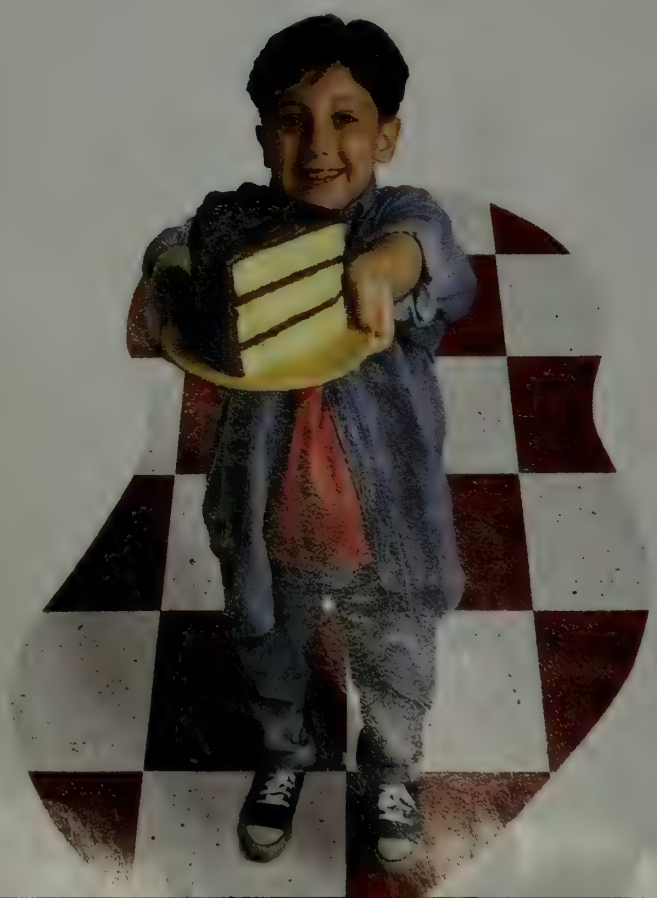


MASONRY FIREPLACE ▶

Wood is less expensive than fossil fuels, such as coal, oil, and natural gas. However, traditional wood-burning fireplaces can't meet today's stiff state and federal air pollution regulations and efficiency standards.

Factory-made masonry fireplaces (*right*) are one answer for those who still want to burn wood. These units operate at temperatures up to 2000 degrees, which is so clean it meets the toughest air pollution standards. A state-of-the-art secondary combustion chamber burns away virtually all the smoke. Another advantage of masonry is that it continues heating radiantly long after the fire goes out because warmth stored naturally in brick, stone, and tile is drawn into the room's cooler environment. You'll enjoy the traditional fireplace appearance with its large firebox and full-view 36-inch glass doors. Cost, installed: from $6,500 to $8,000.

This has fat.



This has none.





◀DIRECT VENT OR VENT-FREE FIREPLACE SYSTEMS

Gas fireplaces are hot. In the last decade, they have taken over as best-sellers because they are clean, convenient, and easily installed on any wall. Best of all, they provide enough heat to warm most rooms.

Because natural gas burns cleanly—it's as efficiently consumed in a gas fireplace as it is in a kitchen oven—there is no smoke or soot. So, a traditional brick chimney is not needed. Instead, direct-vent types require only a thin metal chimney channel, which fits inside any standard wall. Vent-free types dispense with even modest chimneys because exhaust is kept at harmless levels, similar to an oven or cooktop.

The vent-free unit (*left*) is a space-saving, corner-mantel design that can be installed on any wall where a gas line is accessible. It has realistic-looking ceramic-fiber logs and a thermostat control that gradually modulates heat output and flame height to maintain a consistent room temperature. Cost for either type unit, installed: from $1,200 to $1,500.

continued on page 110

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What's New for Your Hearth

continued from page 109



PHOTOGRAPH: COMFORT FLAME, COURTESY OF DESA INTERNATIONAL

▲ PELLET STOVE

You'll never have to chop wood again with the purchase of a pellet stove. Pellets—they are about two inches long and resemble chunks of wooden dowel—are made from highly compressed wood byproducts, such as sawdust and mill shavings. Because each small pellet contains so much energy, it only takes a few to keep fires blazing. Although widely available at fireplace stores, pellet prices fluctuate depending on how close you are to mills and manufacturers generating the waste material used to make them.

Stoves are fueled by loading scoops of pellets into a hopper on the top or side of the unit. A regulator drops pellets into the flames, and some stoves are equipped with thermostats for precise control. A full hopper can warm a house for up to three days.

Designs are similar to those of other fireplaces and gas stoves, as evidenced by the glass-front pellet stove (*above*). This model generates up to 30,000 Btus of heat per hour and can keep occupants of an 1,800-square-foot house comfortable. At a cost of about $2,100, this typical pellet stove includes a 45-pound-capacity hopper, a long-lasting aluminum-tube heat exchanger, a wall-mounted thermostat, and automatic electronic ignition.

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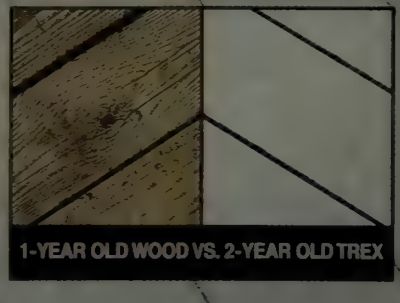
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Better *by* Design



A room's true stage-setters, windows and walls are winning star status th crisp new wardrobes of wall coverings and fabric. Peruse this sampling of the latest styles, then cast your favorites in dramatic roles.

by Heather J. Papas

1996 Motor Trend Caravan







It could have been any one of dozens of thoughtful new touches that put the new Dodge Caravan over the top in the minds of the Motor Trend *editors.*

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the year.

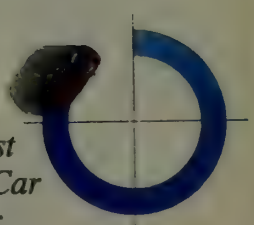


Grand Caravan LE

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setting the stage

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There's no need to limit yourself to one border per wall. Many groups of wall covering coordinates, like this one from Schumacher, incorporate multiple borders. For an elegant, old-world look, use the narrower one at ceiling level and the wider one directly above the baseboard.

Though they vary in width from two inches to two feet, borders always make a big impact on a room. To double the drama of a narrow border like this one from Schumacher, position one strip on the wall at ceiling height, the other on the ceiling itself.

Not only are wall coverings and borders showing up in unprecedented patterns and widths, they're being used in unexpected ways, too. Borders, for instance, have long been used at chair-rail or ceiling height. As an alternative, place a wide border just above the baseboard to enhance existing architecture. In rooms that use wall coverings creatively, avoid pattern overload by keeping window treatments simple.

continued on page Z8

As I See It, #23 in a series
Mary GrandPré, Illustrator
John Harvey, Photographer
"My How Time Flies."



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Not all of today's borders are on the straight and narrow. Laser-cut borders, such as this floral pick from Eisenhart, give you the option of keeping the straight edges intact or scalloping the border along a line perforated by the manufacturer for a custom-cut look that mimics high-priced papers of yore.



COURTESY OF SCHUMACHER

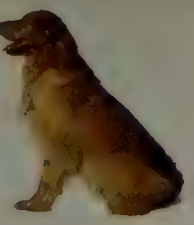
Some of the freshest renditions of the garden theme come in wall coverings with a watercolorlike artfulness. A fruit-laden wall covering and companion border from Motif Designs take the painterly approach with patterns that soften the stark edges of any room.



With Mother Nature's motifs growing in popularity, it's harder than ever to distinguish between indoors and out. Lush leaves are literally climbing the walls, providing even the most traditional of rooms with a refreshingly lighter feeling. Some of today's allover patterns make particularly good starting points. Subtly hued, medium-scale prints like this ivy-covered wallpaper are neutral enough to make great mixers for a variety of companion papers and window fabrics.

continued on page Z12

"He Can Sit,

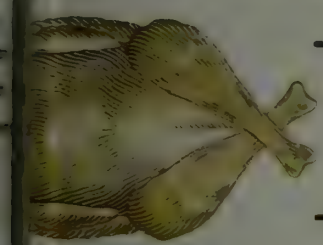


Roll Over, Beg, Play Dead and Even Sing.



But He Couldn't Read

An Ingredient Label If His Life Depended On It."







—*Robert Urich*

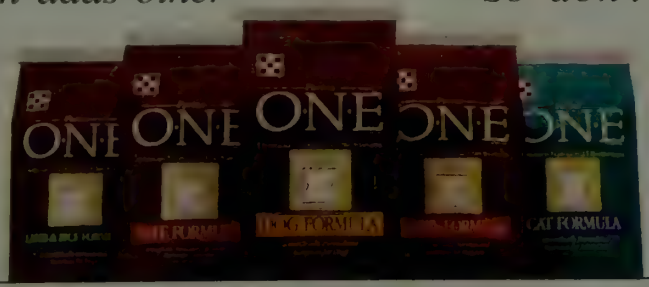
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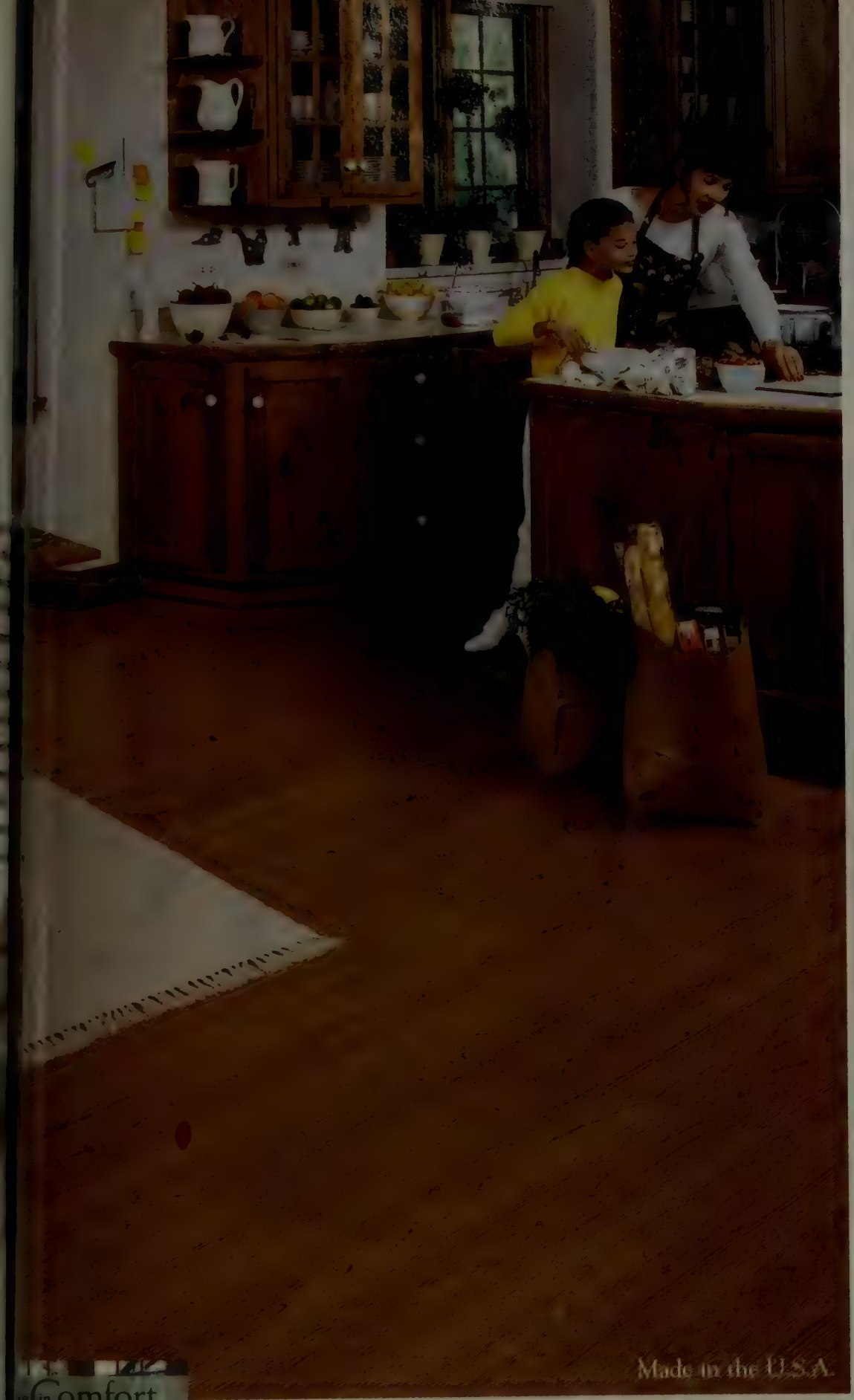
If you're hesitant about dipping your toe into a sometimes hot color pool, start slowly with today's palette of fresh "neutrals." Yellow is one of the best goes-with-everything hues, especially when it is used to color checks or simple patterns such as these from Seabrook.

Besides always-righ white, what's the be way to balance dos of bright color? Take cue from the great o doors and add sooth ing splashes of gree This grouping of cov ings and borders fro Marimekko allows y to mix and match, using as much or as little color as you lik

COURTESY OF SEABROOK

Playful patterns are one sure way to wake up a ho-hum room. Look for wall covering collections infused with the current high-fashion colors, including lemon-yellow, raspberry, and chilled aqua. To prevent your room from becoming too high voltage, however, you may want to limit yourself to three patterns—one each in small-, medium-, and large-scale prints. Use color in carefully measured amounts, too, balancing bright spots with a lot of clean white.

continued on page Z15



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Solid-colored wall coverings, in all their understated glory, are often the best complements for intricately patterned borders. Use a paper like this rich, violet-blue solid from York beneath a chair rail; then, place the pansy border just above the chair-rail molding so its delicate pattern can be seen and enjoyed.

Some borders give a hint as to their best use in the pattern itself. This one from Eisenhart features elegant ferns that all but ask to be planted along a room's baseboard. An airy, allover pattern keeps the attention properly focused on the more artful border.

COURTESY OF MOTIF DESIGNS

As charming as classic botanical prints, realistic renditions of leaves, ferns, ivy, fruits, and vegetables are becoming as popular as their framed counterparts. Particularly head-turning are old-fashioned flowers: pansies, peonies, roses, and hydrangeas. Beyond providing aesthetic value, these pretty papers serve a function, too. If you want to open up a small space, use an airy, overall pattern, then anchor it visually with a sturdy plaid or striped fabric at the window.

continued on page Z16

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As we look into the unknown of a new millennium, vintage motifs seem to comfort. Reminiscent of old seed packets and picnic tablecloths, this group from Imperial would be ideal for perking up a white kitchen that suddenly seems cold. For fun, try the washable border as an interesting backsplash.



Better by Design

There are wall coverings and fabrics to suit every personal preference. Simply determine what decorating statement you prefer, then let these coordinated collections do the talking.



Trompe l'oeil patterns, lik border in this classically collection from York, add immediate visual depth a dimension to a room. Fau effects—like the marbled paper—are equally effect giving a plain wall a gra more textural appearance



Design has long been rediscovering its roots, but now it's going way back. There's an upswing in primitive looks—from cave drawings to geometric motifs. This group from Imperial takes on an ethnic quality—but without the spicy colors so it can be used freely over large areas.

Celestial motifs have been adding a certain sparkle to rooms, especially when used in innovative ways. The positive-negative aspects of these wall coverings from Thibaut create some exciting possibilities for adding more eye-catching contrast to your interior design.

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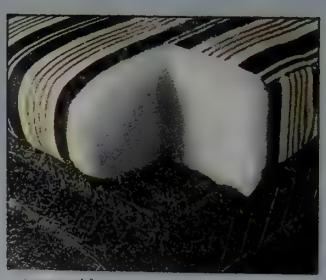


Photographed at Rhett's Bluff Pavilion, Kiawah Island, SC





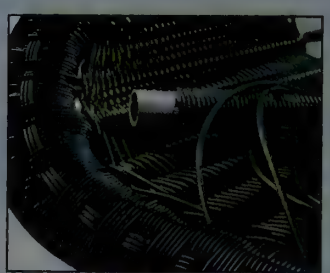
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ACROSS THE BORDERS. Gone are the days when a medium-width border in a closely coordinating pattern was the only style option, as this border sampling illustrates. From realistic scenics to faux fabric looks, many new designs have entered the picture, executed in a flexible array of widths. Have fun using the new borders in new ways. For instance, let them frame windows or wall groupings or stand in for a plate rail a few inches below ceiling height.



Though it is the all-time most popular color palette, even blue-and-white has adopted a new feeling. This group from Marimekko, for instance, has bright-and-breezy appeal because the blue has been lightened up in value with the infusion of greater amounts of white.

continued on page Z19





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erhaps the real beau- of the current enswear patterns is eir noncompetitive ature—they won't attle for attention ith furniture, fabrics, r artwork. In fact, ome of the collections' ompatible borders, ke this bucolic farm cene from York, are orks of art in their wn right.

The inherent neutral hues and geometric motifs of menswear patterns make them natural go-togethers with virtually any other colors. This grouping from Motif Designs, for instance, incorporates two of today's hottest hues—sage green and persimmon red.

COURTESY OF MOTIF DESIGNS

Ideal for creating a subtle, sophisticated scheme, menswear patterns in neutral palettes are not only easy to decorate with, they're easy on the eye as well. The freshest palette for these plaids, stripes, checks, and paisleys comes in subdued shades of brown—from buckskin to espresso to everything in-between. That's no surprise though; natural colors are currently on the rise. Anything in an authentic, down-to-earth hue is being embraced by high style.

continued on page Z22

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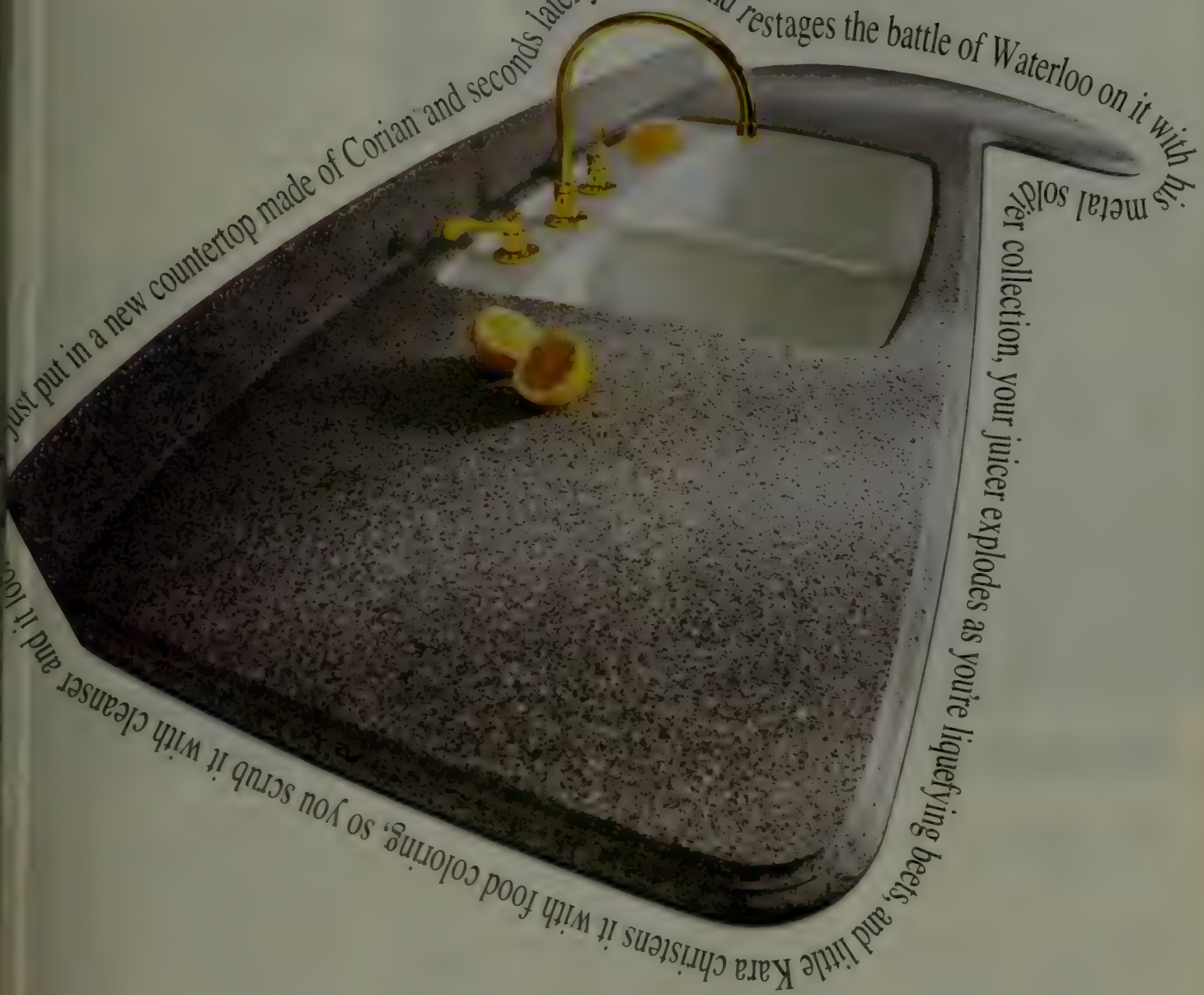
When there is simplicity of pattern, you can afford finishing touches with more decorative flair. The fleur de lis wall covering in this collection from Raintree Designs, for instance, gives rooms a dressy sheen thanks to metallic accents that go beyond gold to silver and copper shades.

Toss out yesterday
decorating dictum,
don't toss out the
patterns of days
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scale pattern in a
space, if you do i
fully. The airiness
Brunschwig & Fils
cranberry-on-gold
allows ample am
of the light backg
to show through.

COURTESY OF SCHUMACHER

Some of the freshest, most elegant colorways are, interestingly enough, not new at all. In fact, many of the current rich yellows, reds, and greens are deeply rooted in tradition. Even some of today's most popular motifs, the acanthus leaf on this classic pattern, for instance, are the same ones that graced the walls of our forefather's homes. What is new is the lightened-up context in which they are used, especially in rooms pared of excess furniture and fabric.

Buying information page Z24

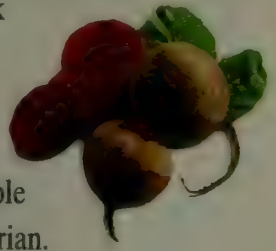




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SHOPPING

Buying Guide

Most of the products shown editorially in the Better By Design Section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

BETTER BY DESIGN

Page Z1: wall covering, "Crackling Primrose" (Slate); **plaid fabric,** "Peacock Plaid," from Rosie III by Pat Farrell—Motif Designs; for a retailer near you call 800/431-2424.

Page Z4 (*left*): mini border, "Miles Breuton Palmette Border" (Document Red) 513210; **wall covering,** "Fox Grape" (Autumn Rose) 513053, from the Colonial Williamsburg Collection—Schumacher; for more information call 800/332-3384. (*Middle*): pillow **and cushion fabric,** "Sunflower" F94914; wall covering **border,** "Sunflower Border" 839-T-49014; wall covering, "Sunflower" 839-T-4914—Thibaut; for a retailer near you call 800/223-0704. (*Right*): **striped wall covering,** "Elise" (Tobacco) 516234; **large border,** "Les Fleur D'Elisa Border" (Tobacco) 516354; **small border,** "Elisas' Base Border" (Tobacco) 516364, from the Connoisseur III Collection—Schumacher; for more information call 800/332-3384.

Page Z8 (*left*): trimmed border, GL17887; **mini border,** GL17890; **striped wall covering,** GL07855; **green wall covering,** GL07859; **floral wall covering,** GL07850, from the Garden Life Collection—Eisenhart, Box 464, Hanover, PA 17331; 800/931-9255. (*Middle*): **wall covering,** "Leafy Arbor" (Green) 518073; **fabrics,** "Les Fleurettes" (Fern) 57814; "Darien Stripe" (Leaf) 57757; "Linen Quatrefoil" (Lime) 57601; "Belvedere Stripe" (Green) 57643; **trimmings,** "Somerset Linen Cut Fringe" (Green) 892194; "Classic 6-inch Bullion" (Leaf) 892394; "Somerset Linen Tassel" (Green) 892204—Schumacher; for more information call 800/332-3384. (*Right*): **watercolor fruit border,** "Orchard Border" (Red/Green); **watercolor fruit wall covering,** "Orchard" (Red/Green), from Rosie III by Pat Farrell—Motif Designs; for a retailer near you call 800/431-2424.

Page Z12 (*left*): yellow apple border, SL239B; **yellow apple wall covering,** SL240; **leaf wall covering,** SL247; **yellow plaid wall covering,** SL245, from the Simple Living Collection—Seabrook Wallcoverings, Inc., 1325 Farmville Rd., Memphis, TN 38122; 800/238-9152. (*Middle*): **wall covering,** SL206; **border,** SL202B; **pillow fabric,** SL302F—Seabrook Wallcoverings, Inc., (address above). (*Right*): **large berry border,** "Berries Border" (Pink); **small berries and vine border,** "Vine Border" (Pink); **floral wall covering,** "Tossed Bouquets" (Pink); **striped wall covering,** "Narrow Stripe" (Pink); **pink border,** "Band Border" (Pink); **green border,** "Band Border" (Green), from the Borders Collection—Marimekko; for a retailer near you call 905/791-1547.

Page Z15 (*left*): pansy border; deep blue wall covering—from York's Carey Lind Country Kitchen and Bath Portfolio, 800/238-9152. (*Middle*): **wall cover** "Crackling Primrose" (Slate); **plaid fabric,** "Peac Plaid," from Rosie III by Pat Farrell—Motif Designs; a retailer near you call 800/431-2424. (*Right*): **border,** NS14495; **fern wall covering,** NS04446, f Natural Surroundings Color Tree Designs—Eisenh P.O. Box 464, Hanover, PA 17331; for a retailer n you call 800/931-9255.

Page Z16 (*top*): vegetable fabric; seed packet bor vegetable wall covering; red checked wall coveri from the Lakehouse Collection—Imperial Wallcoverir for a retailer near you call 800/539-5399. (*Mid right*): **striped fabric; striped wall covering; trimm border; marbleized wall covering**—York's Carey L Traditional Portfolio, 800/238-9152. (*Middle le* **blue celestial border,** "New Hope" 839-T-49011; b **star wall covering,** "Twilight" 839-T-4911; cre **celestial border,** "New Hope" 839-T-49012; cre **star wall covering,** "Twilight" 839-T-4912, from Plateau Collection—Thibaut; for a retailer c 800/223-0704. (*Bottom left*): **geometric-primitive b der, striped wall covering, and geometric wall cov ing,** from the Living with Neutrals Casual St Collection—Imperial Wallcoverings; for a retailer ne you call 800/539-5399.

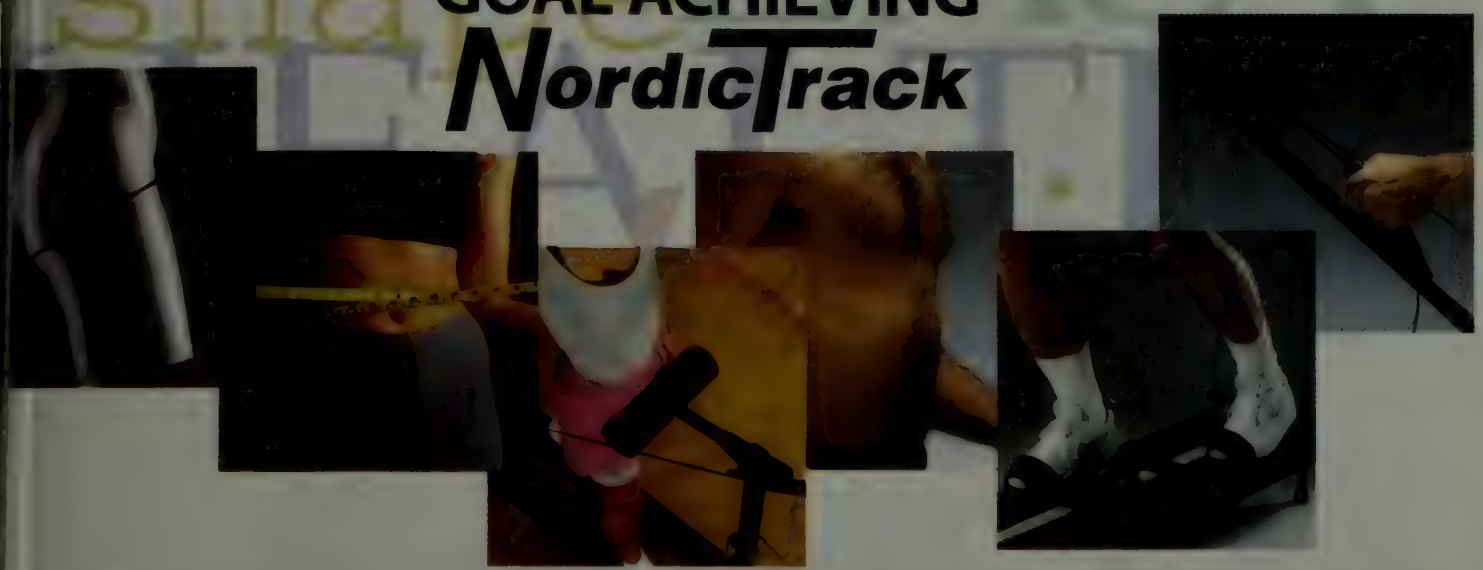
Page Z17 (*top left*): green leaf wall coverir "Tamara"; **green floral and leaf border,** "Tama Border"; **green striped wall covering,** "Wide Pinstrip **pillow fabric,** "Tamara," from the Borders Collection Marimekko; for a retailer near you call 905/791-154 (*Middle left*): **blue floral border,** "Kristina Floral" (Blu **pin-striped wall covering,** "Comb Stripe" (Blue); bo **striped wall covering,** "Picket Stripe" (Blue); **geomet border,** "Kristina Border" (Blue), from the Borde Collection—Marimekko; for a retailer near you c 905/791-1547. (*Right*): **borders from left to right: mi border,** "Miles Breuton Palmette Border" (Docume Red) 513210, from the Colonial Williamsbu Collection—Schumacher; for more information c 800/332-3384. **Rose border,** "Damask Rose Borde PAR-11558W, from Parallels: Textures, Linens, Stripes—Motif Designs; for a retailer near you c 800/431-2424. **Farm scene border**—York's Carey Li Country Kitchen and Bath Portfolio, 800/238-915 **Large berry border,** "Berries Border" (Pink), from t Borders Collection—Marimekko; for a retailer near yo call 905/791-1547. **Large potted plant borde** "Callie's Potting Shed" (Cherry), from the Summerhou by Laurette Collection—Village; for a retailer near yo call 800/552-9255. **Watercolor border,** "Orchar Border" (Red/Green), from Rosie III by Pat Farrell- Motif Designs; for a retailer near you call 800/431 2424. **Apple quilt border,** from the Pickle Barr Collection—York, 800/375-9675. **Fern borde** NS14495, from the Natural Surroundings Color Tre Collection—Eisenhart, P.O. Box 464, Hanover, P 17331; 800/931-9255.

Page Z19 (*top left*): farm scene border; plaid wall co ering—from York's Carey Lind Country Kitchen an Bath Portfolio, 800/238-9152. (*Middle*): **wall covering** "Suitcase Stripe" (Sage); **plaid slipcover fabric** "Audubon" **striped slipcover fabric,** "Moss Stripe"— from Parallels: Textures, Linens, & Stripes by Mot Designs; for a retailer near you call, 800/431-2424 (*Bottom right*): **bold striped fabric,** "Chino Stripe" **plaid fabric,** "Dishtowel Plaid"; **rose border,** "Damas Rose Border"; **plaid wall covering,** "Dishtowel Plaid" **striped wall covering,** "Ocean Stripe" from Parallels Textures, Linens, & Stripes—Motif Designs; for a retaile near you call 800/431-2424.

Page Z22 (*top left*): striped fabric, "Mount Street" MS-91143-F; **floral fabric,** "Belgrave Place" BP-91013 F; **fleur-de-lis wall covering,** "Dauphin" DAN-1054-W from the Quality Street Collection by Victoria Morland available at fine home stores nationwide from Raintree Designs, 800/299-0016. **Wall covering** "Leaf Arabesque" (Aqua) 516210; **fabric on chair** "Lausanne" (Aqua) 57331, from the Le Connoisseur II Collection—Schumacher; for more information cal 800/332-3384. (*Bottom right*): **red floral wall covering,** "West Indies Toile" (Red on Yellow) 15643.06—available to designers and architects from the Brunschwig & Fils Showroom, 212/838-7878.

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Mantelscapes

More than a one-dimensional path for a repetitive parade of objects, the mantel invites exploring both the highs and lows of display space with inspired balance.

No matter what's on display, the mantel attracts the eye as a room's natural focal point. Take advantage of this automatic attention-getter by creating arrangements that sweep the eye up and down, as well as across. Balance is the key. Experimenting with the highs and lows of a balanced display dramatically alters the mood of the mantel—and the entire room. These designs use three types of balance. Using your favorite objects for display, recreate the design that appeals to you most—or experiment with all three.



ASYMMETRICAL
In this lively groupin an imaginary line drawn down the mantel's middle reveals different number of objects in varying si on each side. The greater visual weigh of the framed pictur offset by the taller weathervane couple with the watering ca



SYMMETRICAL
For a no-fail display, center art above the mantel, then flank it with identical objects Allow the foreground objects to overlap the framed work for a more unified groupin The right final touch: draped lace makes what could be a stati display more dynami



RADIAL
In this engaging approach to balance, wall-mounted objects encircle and enhance a stationary focal poi on the mantel shelf. A whimsical interior win dow box creates the eye-catching focal point here. Note how the plates are carefully balanced in size.

These days, commuters can't climb aboard with a cigarette.
enson & Hedges, travel the scenic route.



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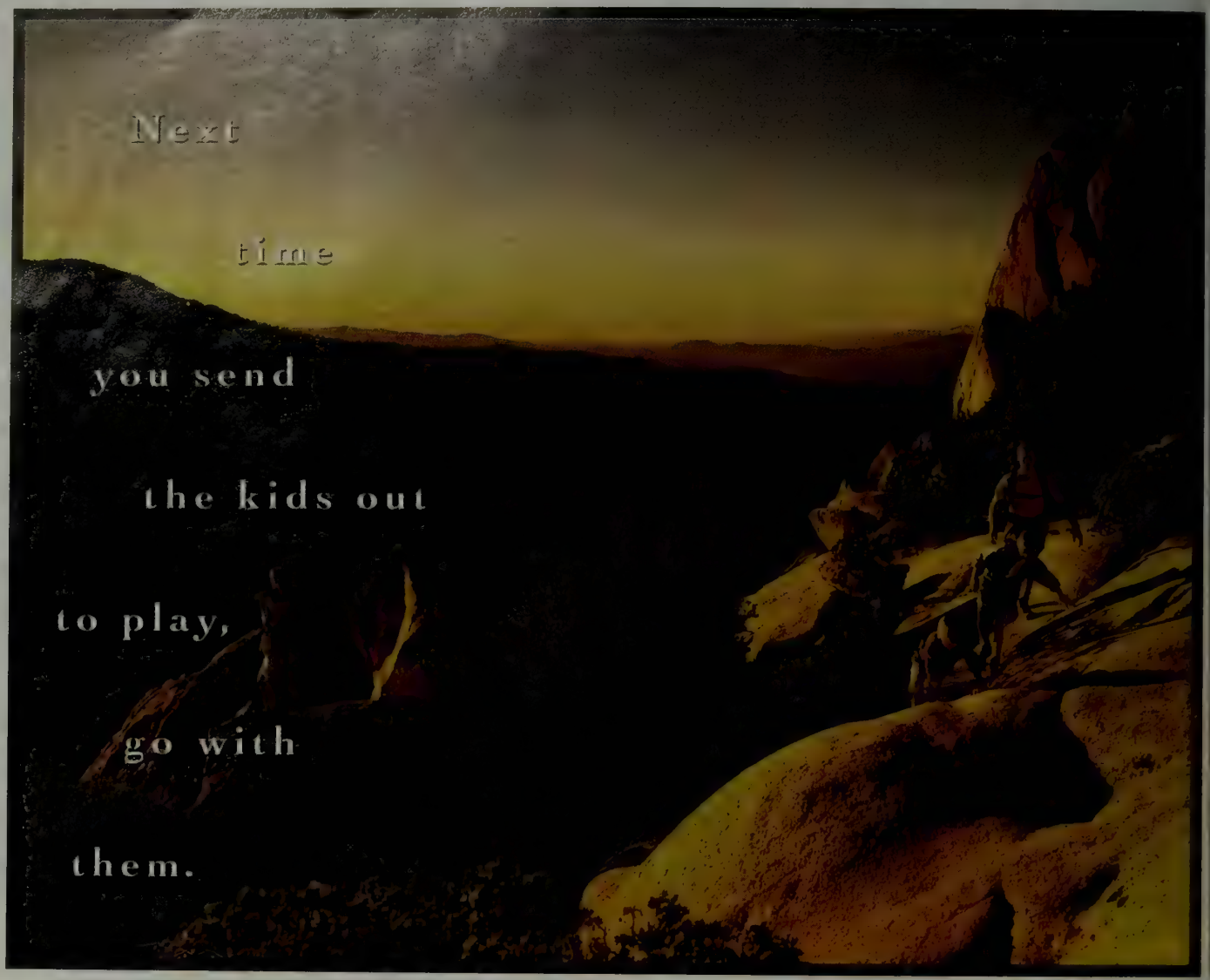
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by Mark Kane & Craig Summers Black

SMART GARDENING

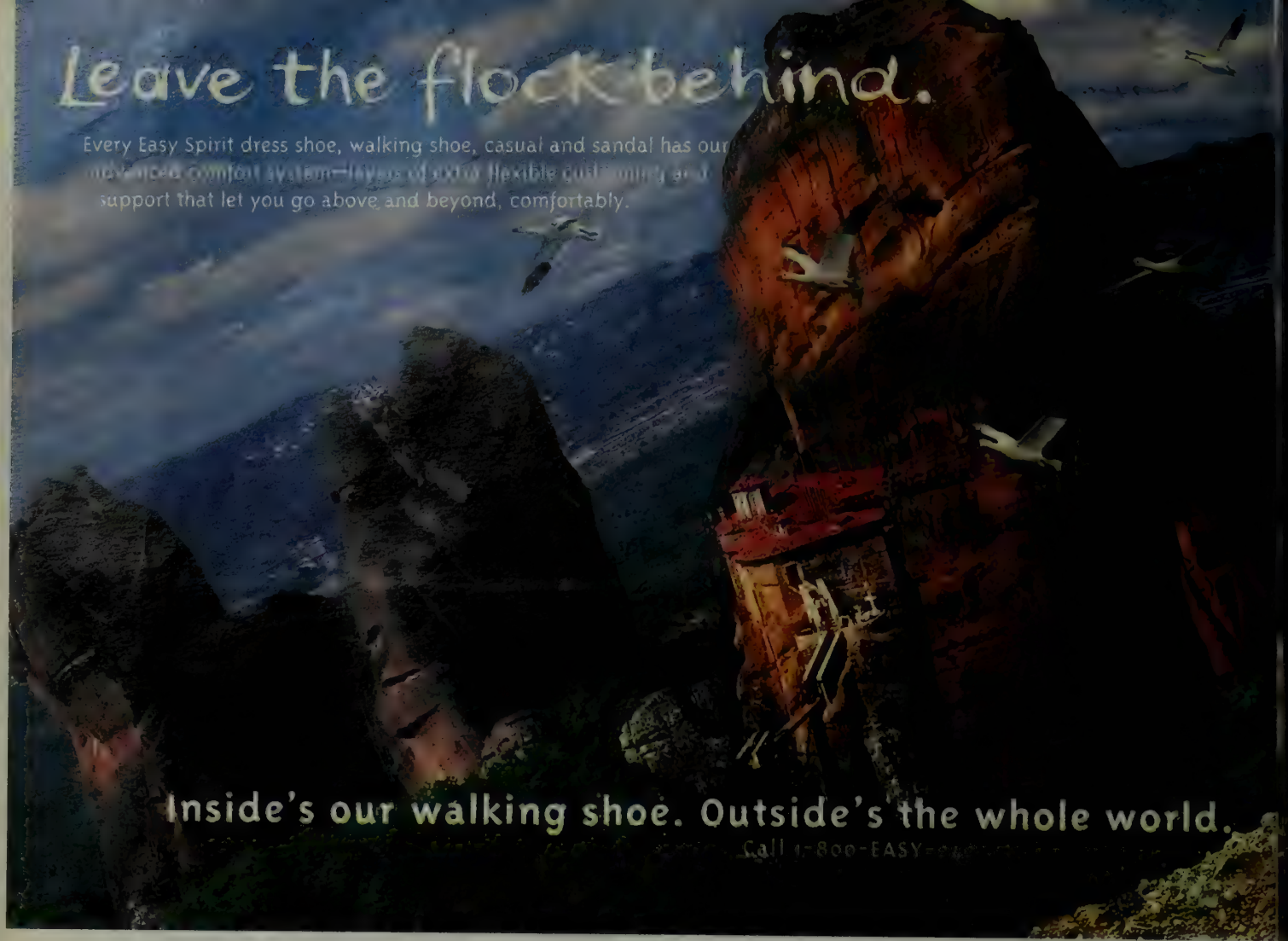
MORE COLOR, MORE CHARM—AND LESS WORK

Sometimes the solution is to work, not harder, but smarter. And that's what Smart Gardening is all about. This new occasional feature is where the BH&G garden editors will offer tips and tricks on how to save money, how to get more flowers, how to do less work, and even how to get free plants. Look for future Smart Gardening tips in Gardener's Almanac.



OUTDOOR ROOMS Mingle the charms of home and garden with an outdoor room, *above*. Make it cozy and private with an arbor, a hedge, a screen of evergreen trees, or a fence covered with vines. Bring the garden close by for color and fragrance, and provide a distant view for contrast. Dry footing will keep the room pleasant after a rain and let you set out a table and chairs to enjoy dining and conversation.

NEW ANNUALS Keep color coming with long-blooming annuals such as salvia Strata, *right*, a 1996 All-America selection that offers months of silver and blue bloom. Other unstoppables include Heavenly Lavender petunia, which proffers generously sized double blooms, and the freely flowering Tapien Blue verbena.



smart gardening

continued from page 117



Long Bloom

Despite their reputation as fleeting bloomers, many perennials flower 12 weeks or more. Yellow stars cover coreopsis Moonbeam, *right*, from spring through fall. Other petal pushers include the shade-loving yellow corydalis lutea (*see Gardener's Almanac, page 126*); the much-underused and early-blooming Christmas and Lenten roses, which are not roses at all but creamy hellebores; and daylilies such as the golden Stella de Oro and the slightly shorter, more colorful black-eyed Stella. Remember, too, that dead-heading extends flowering.

PHOTOGRAPH: MARK PANNO

Easy Spirit
The Continental
In over a dozen colors.



Less Lawn

Unroll a living carpet to replace part of the lawn. Groundcovers are more colorful, more textured, and less demanding than the monochromatic expanse of sheared green. The green, pink, and cream-colored leaves of white-flowering houttuynia, *left*, spread vigorously by underground stems. Other intriguing low growers include bunchberry, a flowering dogwood; the glossy-leaved wild ginger, or asarum; and the yellow St. John's wort, or hypericum.

continued on page 120



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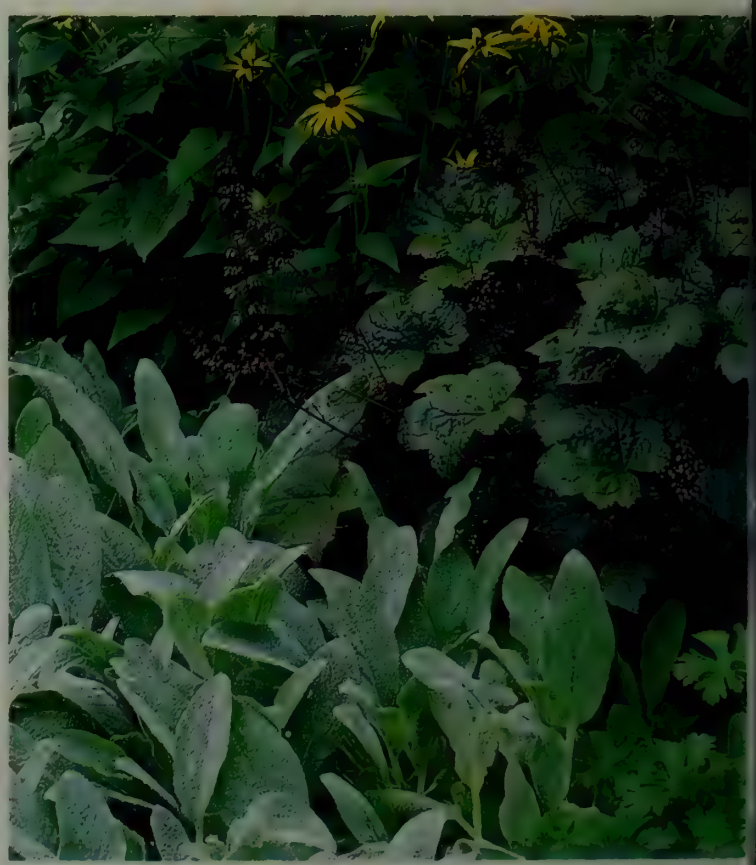
STANLEY
MONARCH MIRROR DOORS

smart gardening

continued from page 119

Leaf Colors

Brighten the garden from spring through fall with colorful leaves. Soft, velvety, silver lamb's-ears, *lower left*, snuggle next to the grape leaves of heuchera Palace Purple. Many artemesias have a silver-gray glow, as do dianthus, salvia, thyme, and dusty miller. In the bronze or purple palette you'll find many sages, sedums, and violets, as well as cardinal flower, penstemon, and purple fountain grass. For golden foliage, try the golden feather chrysanthemum. For a blue hue, try a blue hosta, blue fescue, or blue oat grass. And some plants—such as coleus and the variegated irises, lamiums, liriope, and ornamental grasses—sport multicolor foliage.



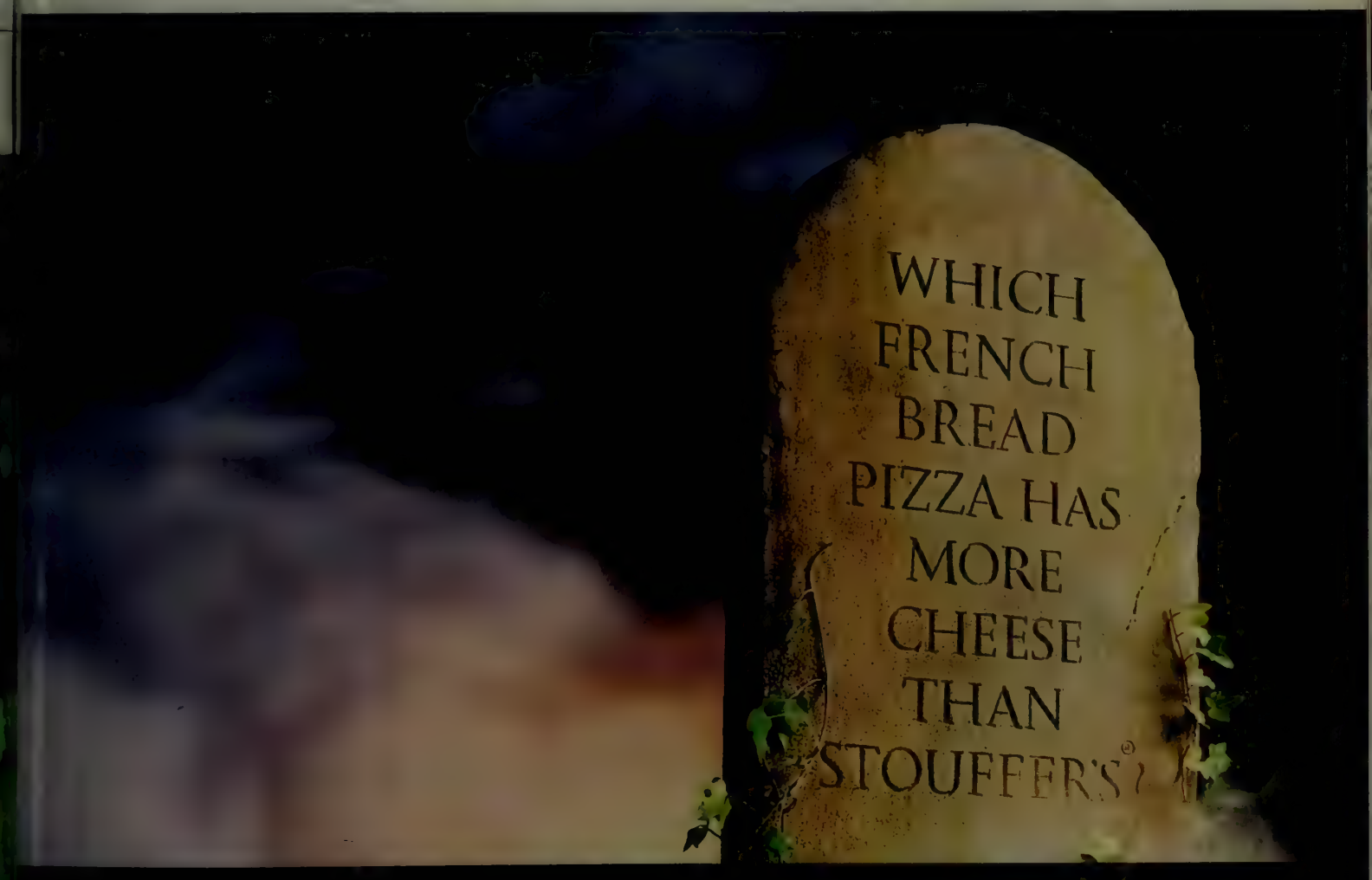


PHOTOGRAPH: ANDY LYONS

Container Gardens

Add a welcoming touch to your home with containers. Place them on your front porch, deck, patio, or entryway, and make them garden-rich with long-blooming flowers and colorful leaves. The square green pot, *rear left*, combines purple brachycome, yellow argeranthemum, white-edged mint, and cascading lysimachia. The terra-cotta pot, *far left*, holds geraniums, dependable bloomers from spring to first frost. For variety, group at least three pots together, mixing small with large, and plain with decorated. And get bold: Try big, big plants and absolutely *huge* pots.

continued on page 122



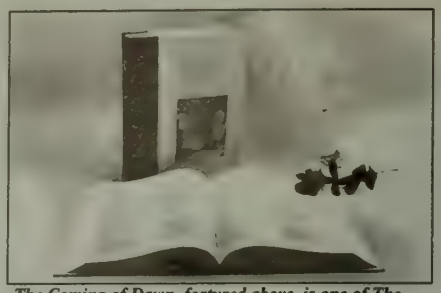
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Advertisement

Poetry Contest $24,000 in Prizes

The National Library of Poetry to award 250 total prizes to amateur poets in coming months



The Coming of Dawn, featured above, is one of The National Library of Poetry's recent deluxe hardbound anthologies.

Owings Mills, Maryland – The National Library of Poetry has just announced that $24,000 in prizes will be awarded over the next 12 months in the North American Open Amateur Poetry Contest. The contest is open to everyone and entry is free.

"We're especially looking for poems from new or unpublished poets," indicated Howard Ely, spokesperson for The National Library of Poetry. "We have a ten year history of awarding large prizes to talented poets who have never before won any type of writing competition."

How To Enter

Anyone may enter the competition simply by sending in ONLY ONE original poem, any subject, any style to:

The National Library of Poetry
11419 Cronridge Drive
PO Box 704-6871
Owings Mills, MD 21117

The poem should be no more than 20 lines, and the poet's name and address must appear on the top of the page. "Each poem received will be acknowledged, usually within seven weeks," indicated Mr. Ely. Every poet who enters will receive an evaluation of their artistry.

Possible Publication

Many submitted poems will also be considered for inclusion in one of The National Library of Poetry's forthcoming hardbound anthologies. Previous anthologies published by the organization have included *On the Threshold of a Dream*, *Days of Future's Past*, *Of Diamonds and Rust*, and *Moments More to Go*, among others.

"Our anthologies routinely sell out because they are truly enjoyable reading, and they are also a sought-after sourcebook for poetic talent," added Mr. Ely.

GARDEN BUDDIES

One of the most economical, and enjoyable, ways to garden is with a friend. Go in on seed purchases together, and split the far-too-many seeds per packet. Your savings: 50%. Or buy a spiffy perennial you've both been eyeing, take it home, and divide it before planting. That's another 50% off.

TIPS

FREE MULCH

You don't have to buy rolls of black plastic "mulch" or expensive weed mats or chemicals to suppress unwanted vegetation when beginning or renovating a garden bed. Simply use old black and white newsprint. 1 Lay the sections down at least four pages thick where you want to kill off lawn and weeds. Cut holes where you plan to plant flowers. Wet it down to keep it stationary. 2 Then add decorative bark or, better, home-made chippper-shredded cuttings to hide the paper. Wet it to keep it in place. Now plant. More Smart Gardening: Ask utilities and tree firms for free shredded branches.

smart gardening

continued from page 121



PHOTOGRAPH: ANDY LYONS

TIMELY WATERING

Automate watering, and gain time to enjoy your garden. A battery-powered timer, *left*, gives you control. Or use a less costly volume meter to measure gallons. But keep in mind that too much watering can be just as deadly as too little. In general, plants respond to deep watering, not shallow sprinkles. Water in the morning to avoid evaporation, and avoid sprinkling on windy days. Another time- and plant-saver is to make sure to group plants according to their watering needs. You don't want to drench lush lawn and live oak alike, or you may lose the tree.





Go Soak Your Bed

Use a soaker hose, *right*, to save water. Made of porous rubber, the hose oozes slowly and steadily out the sides, not the end, putting water right at the roots with little loss to evaporation.



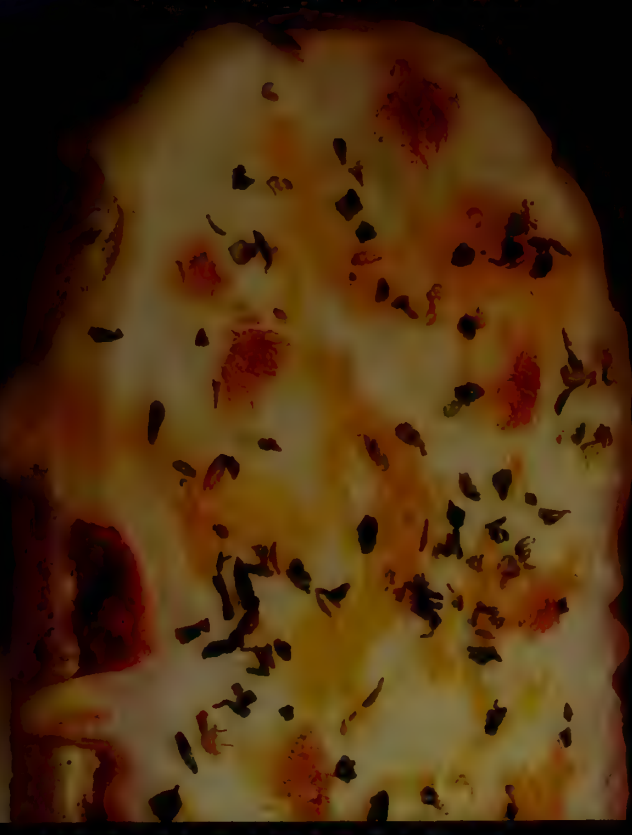


Towers of Flowers

Vines can hold blossoms aloft, providing color where before there was naught but air. Climbers can, in fact, display 20 feet of color without taking up precious space in the garden. And if you've never seen an annual vine zoom to precarious heights in one growing season, fasten your seat belt. Use a clematis, *left*, to add charm to a rustic fence. A trellis of, say, climbing hydrangea can dress up the blank wall of a house. Morning glories attract hummingbirds and butterflies. Virginia creeper and Boston ivy have glorious fall color. And, in temperate climates, passionflowers have edible fruit.

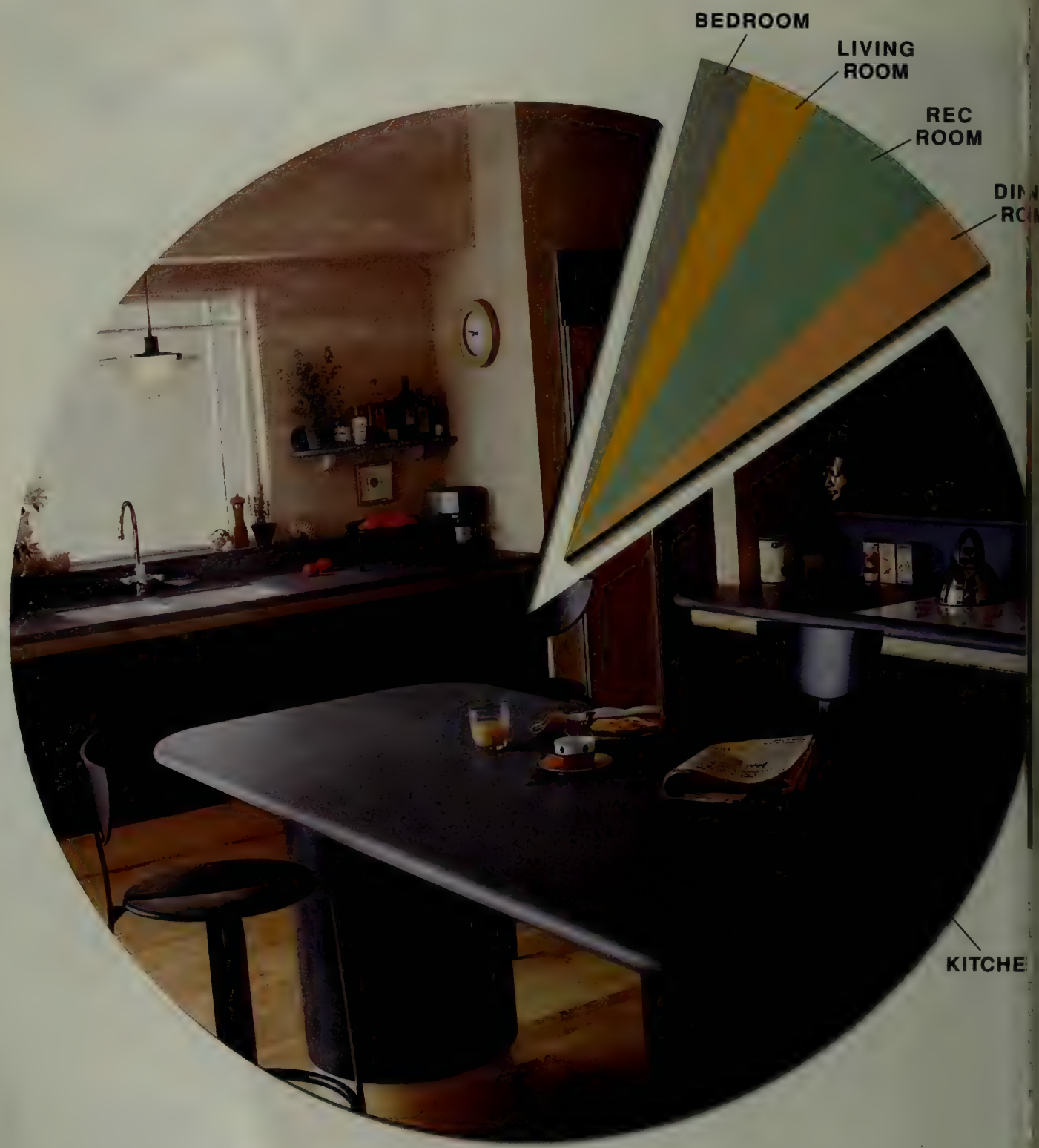
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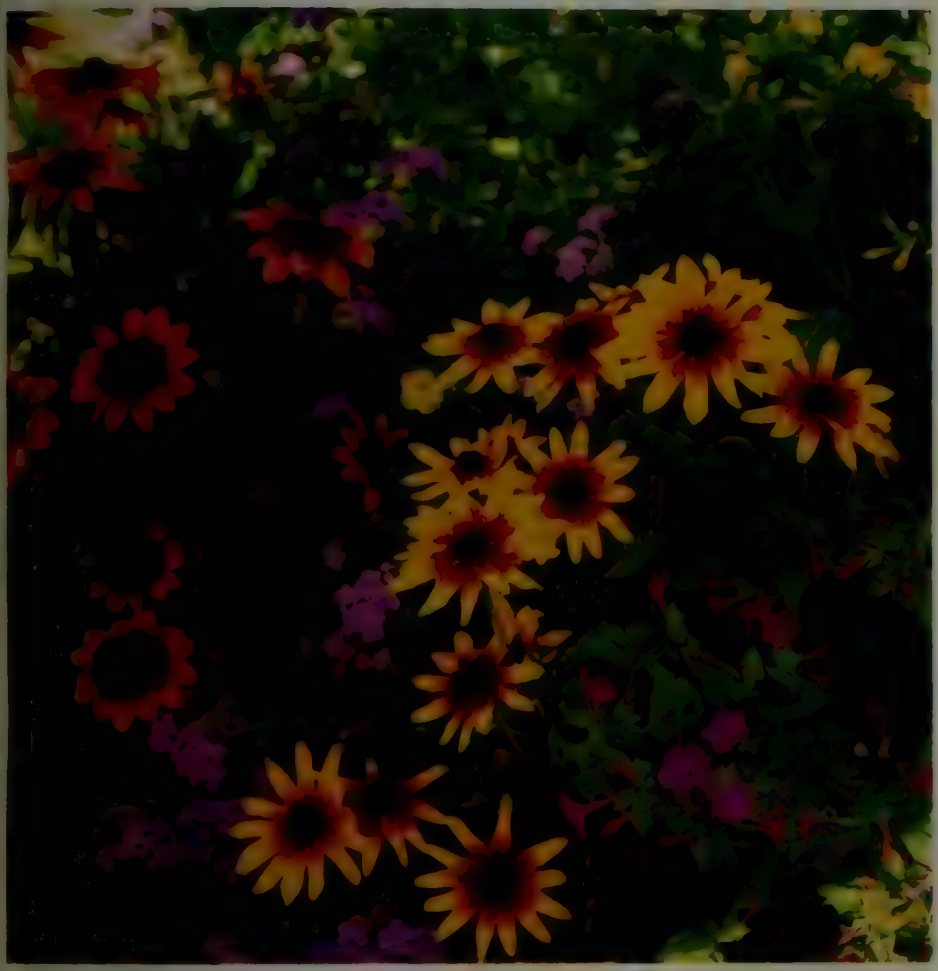


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The **Seed Savers' Collection** ($15.95) contains one packet each of Kniola purple-black morning glory, kiss-me-over-the-garden-gate, balcony petunia, snake gourd, and jasmine tobacco. The **Summer Bouquet Collection** ($16.95) contains one packet each of kiss-me-over-the-garden-gate, gloriosa daisy, blue bouquet ageratum, lavatera, four-o'clocks, tithonia, and love-lies-bleeding. The **Grandmother's Flower Garden Collection** ($14.95) includes one packet each of datura (angel's trumpet), balsam, painted tongue, balcony petunia, jasmine tobacco, and golden feather. Each collection comes with a planting guide showing recommended placement in your landscape.

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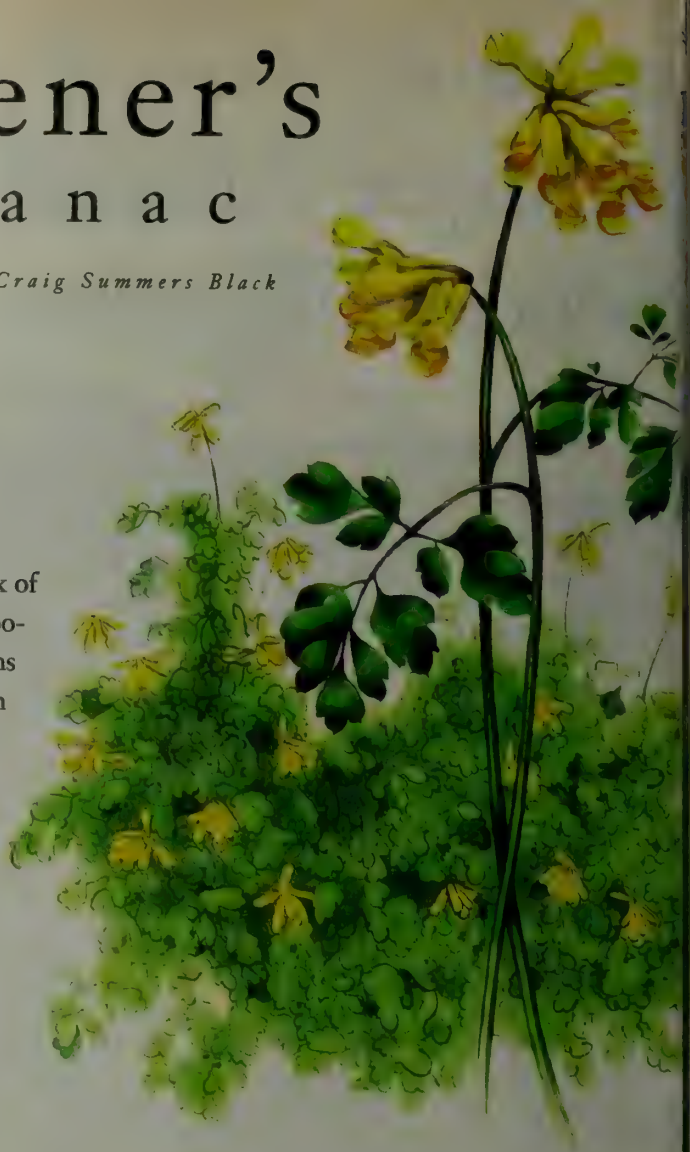
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gardener's almanac

by Mark Kane and Craig Summers Black



EDITOR'S CHOICE

A shady yellow. Once you get past the stumbling block of pronouncing its name, *Corydalis lutea* (say "core-ID-a-liss loo-TEE-ya") is just about a perfect plant. For a perennial, it blooms almost forever—from spring to hard frost. It thrives in full sun but also loves dappled shade. It grows larger and sturdier each year without being invasive. And it attracts butterflies. The tiny bright-yellow blossoms of this carefree bloomer are held aloft over 12-inch-tall mounds of lacy blue-green leaves. In warmer climates it remains evergreen through the winter; in colder regions it can be regarded as an annual, freely reseeding itself. Give this proven performer a home in a shady rock garden or tucked into crevices of a moist wall. It is equally comfortable in the border garden, between pavers, or in informal or woodland gardens.

Looking Good

A WALL OF FRUIT. Even the smallest gardens can bring forth a bounty of fruit if trees are pruned and trained in two-dimensional espalier fashion. Trees can also go a long ways to softening the heft and scale of a monolithic garage wall, *left*, as in this Palo Alto, Calif., garden. Here, two pear trees flank an apple at the entryway to the backyard garden. The plantings were made only 10 inches from the redwood siding, but that's just enough to avoid any mildew or water damage to the garage.



TEST garden TIP

Prime cut. Many of the old saws have been proved dead wrong. You should *not* cut branches flush with the trunk, and you should *not* seal wounds with tree paint. These practices encourage disease and rot. Instead, leave the gnarled halo at the base of the limb intact. This swelling is called the branch collar. It contains substances that will help the wound close and heal. Make the cut at a slight angle, close to the collar at top, a fraction of an inch further away below. Then leave the wound open to sun and air.







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antique annuals

Pristine beauties are easy to grow, even easier to sow



by Craig Summers Black and Mark Kane

The charming and reliable flowers grown by our ancestors live on today in Marilyn Barlow's gardens, offering a generous show of bloom from spring through fall, and casting their seeds around them to guarantee new plants every spring. In Marilyn's garden, past is present.





Above, **this jasmine tobacco (*Nicotiana alata grandiflora*) is sweetly fragrant. Inside a garden fence, *right,* lie curving paths and flowerbeds. Here grow (front to back) painted-tongue, golden feather, Chinese foxglove, and flowering tobacco, another fragrant favorite.**

"I love the intriguing folk names: kiss-me-over-th

Marilyn's world is a heady one in which annuals come in many varieties, recall the past with poetic names, and have the obliging habit of replanting themselves. Marilyn grows 13 kinds of nasturtiums—*thirteen*, mind you. And she can call the tall heirloom leaning against the white pickets *Polygonum orientale*, or she can call it, with delight, "kiss-me-over-the-garden-gate."

Marilyn gets a giggle out of this every time she thinks about it. "Everyone wants to try growing it just because of the name. But it also happens to be a handsome country flower—a self-sower, very tall, very picturesque."

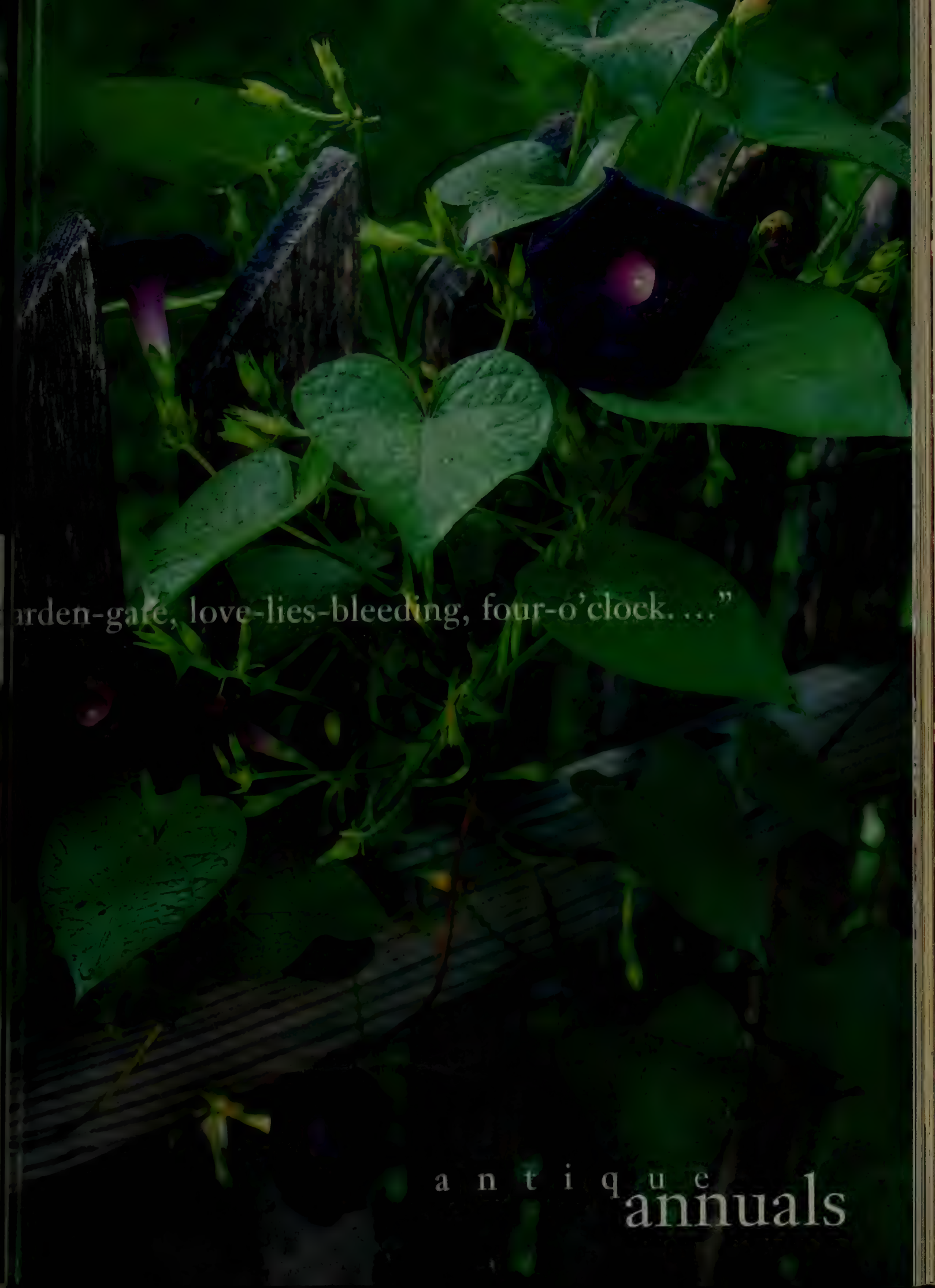
Amusing and touching names come attached to many antique annuals, thanks to earlier generations of gardeners who invested the flowers they treasured with their sense of humor as well as their longings and appreciation. "I love the intriguing folk names," Marilyn says. "Love-lies-bleeding, four-o'clock. ... These quaint common names are wonderfully descriptive. Every flower has a story, which gives a whole other dimension to gardening."

Another part of their story is practicality. These antiques



Above, a closer look at the Chinese foxglove (*Rehmannia glutinosa*). The deeply hued Kniola Purple-Black morning glory, *right,* entwines itself on a garden fence. Another old morning glory with striking color is Crimson Rambler.

For buying information, see page 246


arden-gate, love-lies-bleeding, four-o'clock. ..."
antique
annuals

antique annuals



"They really bring a garden alive with their captivati

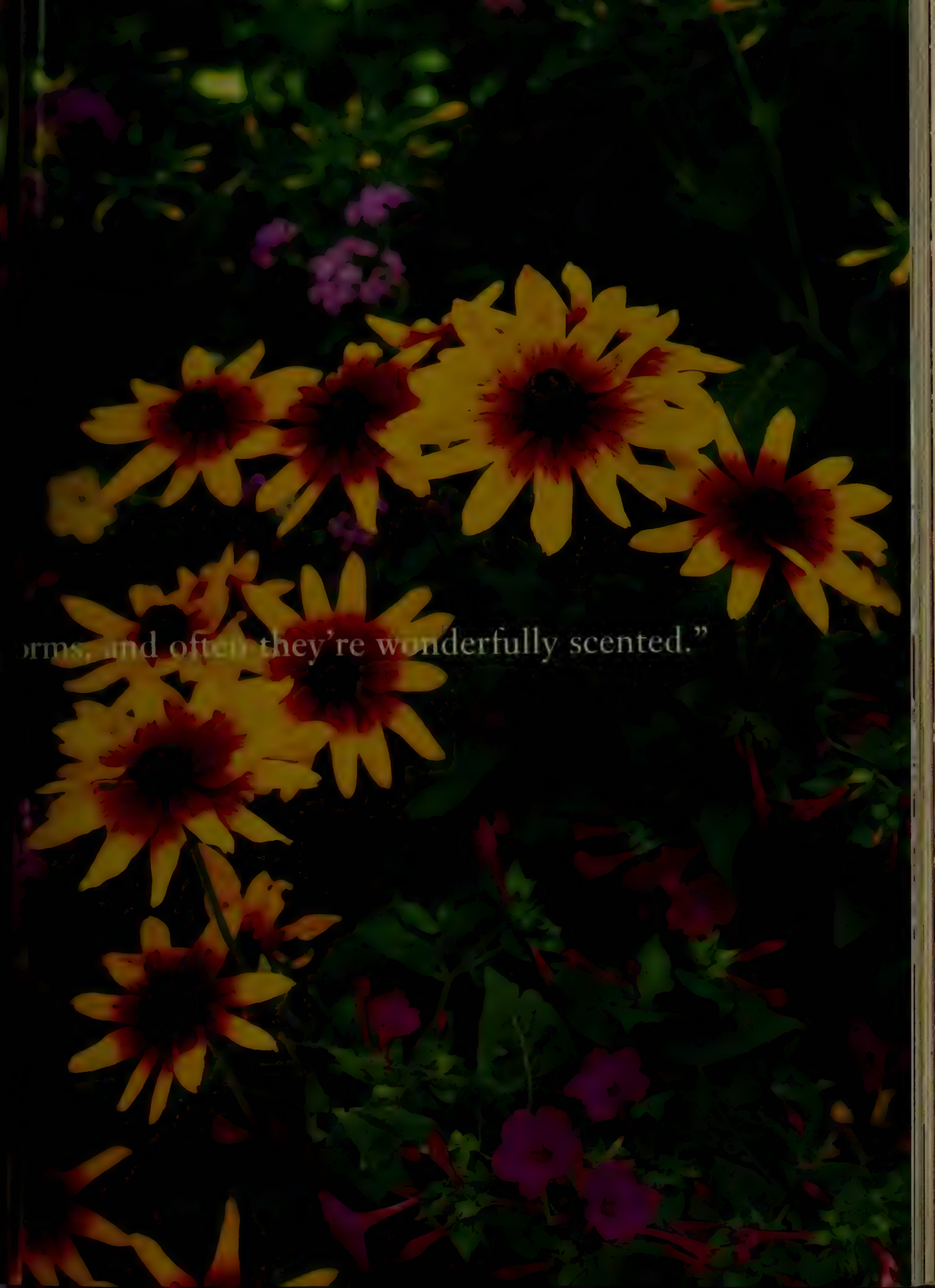
perform as strongly in modern gardens as they did a century ago. "They make wonderful garden plants," says Marilyn, "and they have a lot of great attributes—their hardiness, their persistence, and their beauty."

Many of them are also open-pollinated, which means not only that the bees and the wind provide next year's seeds, but the new plants have the size, shape, and flower color of their parents. These are annuals you do not have to repurchase annually. You can't say that about hybrids.

Another bonus: Wherever you grow one plant the first year, the next spring an entire patch of seedlings returns. You can transplant the extras to blank spots in your garden, or perhaps give them to gardening friends (who may even return the favor in kind).

And there's a wide world of these rewarding but neglected annuals. "It wasn't unusual to see eleven different kinds of mignonette listed in catalogs in the early part of this century," Marilyn says. "Even as recently as the 1930s, there was a wealth of variety available, before

Above left, a balcony petunia (*Petunia pendula*) nods greetings to visitors to Marilyn's garden. The blossoms of this 3-foot-tall heirloom variety are sweetly scented, especially in the evening, and so particularly enhance pots, window boxes, or trellises close to the house. They bloom into late autumn. In the fall, a garden border, *right*, blazes with the colors of gloriosa daisies in mixed hot hues, bright rose four-o'clocks (*Mirabilis jalapa*), and tall blue bouquet ageratum (*Ageratum houstonianum*).


orms, and often they're wonderfully scented."

antique annuals

"We often think new is better, but as we look back we se



The colorful blossoms of kiss-me-over-the-garden-gate (Polygonum orientale) live up to the plant's colorful name. The stems of this self-sower can reach to 6 feet. And its dangling blooms are exquisite in dried or cut flower bouquets. Right, painted-tongue (Salpiglossis sinuata) is a 2-foot-tall cousin to the petunia. Its green growth, however, is rather sticky.



The exotic Datura Metel Belle Blanche, above, is also called horn of plenty or angel's trumpet. Its perfumed white blossoms flower in mid- to late-summer on a 3- to 4-foot plant.
Marilyn wheels through one of her gardens, right, beside birch twig arbors covered with variegated Japanese hops. Her husband, Peter, made these arbors and the rustic fence shown on previous pages.



hat gardeners in the old days had more to pick from."

hybridization took hold. We often think new is better, but as we look back, we see that gardeners in the old days had more variety to pick from for their gardens."

Marilyn's interest in heritage annuals has its seed in the purchase of a large, sprawling property and 1835 Cape Cod-style house in northeastern Connecticut. She found some old reliables, abandoned but still struggling to live, and fell in love with their persistence.

"Those old flowers sparked my interest and admiration. I just knew that was the direction I wanted to go," she says. So she became a bit of a garden detective, and as she learned more about antique annuals, she grew to appreciate the subtleties of their beauty, as compared to the bold and showy nature of modern annuals. And she found the antiques varied so widely in height that they offered a multitude of uses in the landscape, from border edging to towering accents and backdrops—quite unlike the often low, compact stature of modern annuals.

Today, Marilyn's single-mindedness has blossomed



The nearly preposterous snake gourd vine sports this quaint little white flower and 7-foot-long gourds. It has soft velvety leaves and a soft scent. The gourds make eye-catching containers, birdhouses, even instruments.



A bed of mixed balsam, *left*, anchors a large arbor in one of Marilyn's gardens. A beckoning chair awaits the gardener, *below*. Cut flowers include orange tithonia, love-lies-bleeding, lavatera, glorios daisies, and kiss-me-over-the-garden-ga

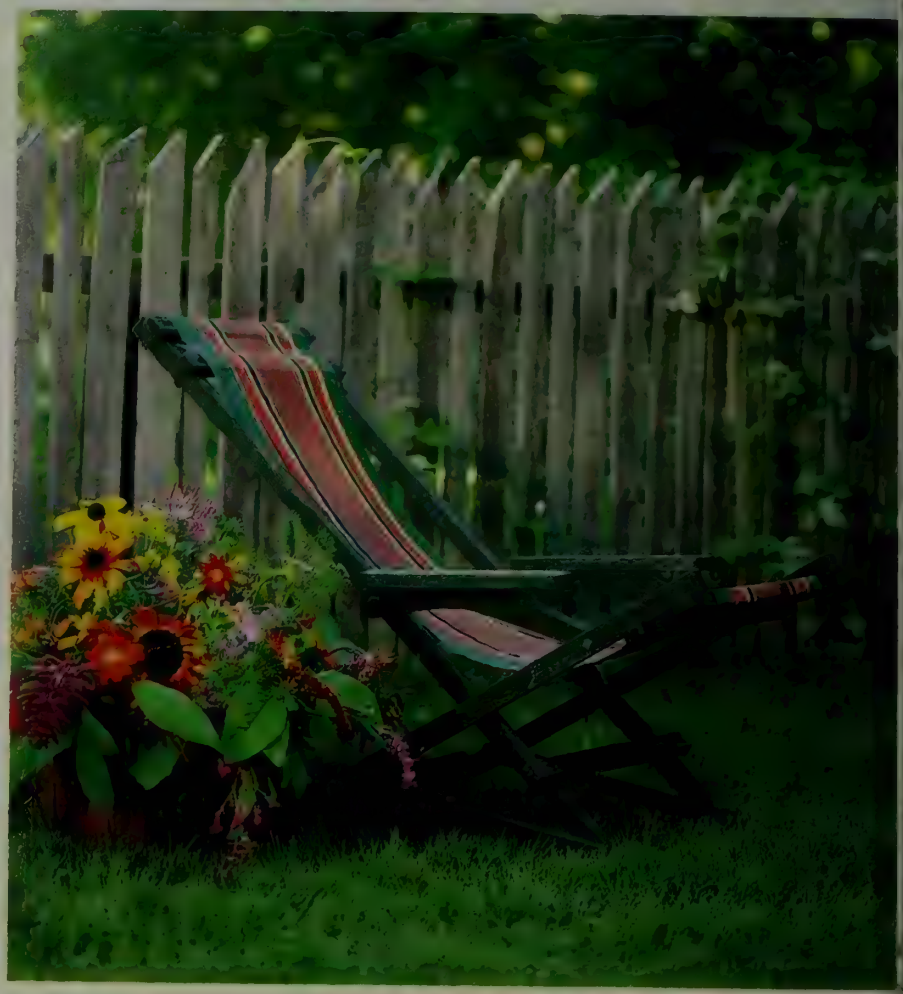
into a mail-order company, Select Seeds, whose catalog now offers 225 vintage flower varieties.

Her husband, Peter, contributes his carpentry skills toward the enterprise. Their children, Brian, 9, and Allison, 7, contribute their enthusiasm.

"My kids really enjoy some of the things I grow—anything that surprises them, especially the snake gourds. They're seven feet long!"

What are Marilyn's own favorites? She has two, and they're both fragrant: The Painted Lady sweet pea (vintage 1737), which she calls "the epitome of what a sweet pea should be," and jasmine tobacco, "which smells very sweet in the evening—even from a distance."

That distance being both across the yard ... and across the ages.



SAVING TRADITION

You can collect seeds from your antique annuals to give away or trade with other gardeners, or just to help Mother Natur along come spring. But, as Marilyn Barlow says, "Preserving old varieties is a reward in itself." Here's how she does it.



After plants flower, remove seed pods when they are still closed but perfectly dry. "It's pretty obvious," Marilyn says. "The capsule should be brown, and the seeds will rattle."



Put pods in a paper bag or spread on newsprint in a dry place indoors and out of sunlight. Dry one or two weeks, then remove seeds from capsules. Blow or strain off chaff.



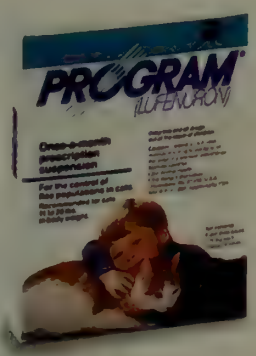
Package seeds by variety in little envelope label the envelopes, and then put them i heavyweight self-sealing plastic bags. Stor in the refrigerator and wait for spring.



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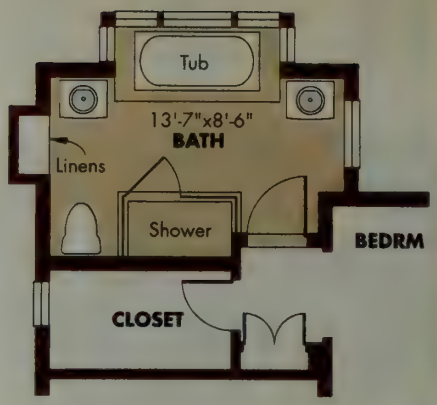
"It's our favorite room in the whole house." That's the kind of rave review your bathroom will draw if it boasts prize-worthy features like those we're showcasing here. Is space for full-service bathrooms at a premium in your house? No problem. Blue-ribbon baths don't need lots of room; just a good dose of inspiration and ingenuity. And it doesn't take a prince's ransom to turn a no-place bath into a best-of-show. Tour two of our hands-down favorites, and judge for yourself.

BLUE-RIBBON baths

by

WILLIAM L. NOLAN





Fit and Polish



Shallow drawers for linens and grooming aids stack inside a mirrored niche at one end of the tub alcove. The niche frames an antique Japanese vanity that holds Judith's cosmetics and serves as an elegant pedestal for choice pieces of vintage pottery.

PHOTOGRAPHS: MARK LOHMAN. ARCHITECT: KANNER ARCHITECTS. REGIONAL CONTRIBUTOR: ROBIN TUCKER

Like a finely wrought jewel case, Charles and Judith Kanner's master bath in Souther California orchestrates light, space, and line so elegantly that it stops you in your tracks. Within its spare boundaries (a mere 8×11 feet) light from big windows energizes every nook and cranny. It shimmers across silky swaths of white ceramic tile on the floors and walls; it slices through lean planes of clear glass, and it dances on chrome and stainless steel fixtures and fittings. Rhythmic stripes of cobalt blue border tiles outline the whiteness and dramatize the room's linear geometry; randomly placed accent tiles add a note of whimsy.

Their old bath had lots of character but lacked space for a separate tub and shower and second sink, so the Kanners skimmed a few square feet from an adjoining closet to gain mor

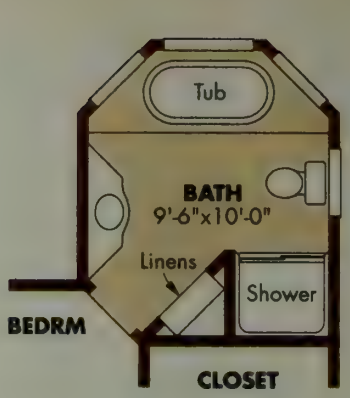


Ready for a soothing soak in the morning sun? Wide windows over the tub wrap you in a curtain of nature's green, and operable units at each end pull in fragrant breezes. At one end, pinwheeled "petals" turn an accent tile into a pressed flower.

floor area and nudged the exterior wall several inches to form a bay for the tub. They also pushed the room's limits in other ways without pushing the cost out of reach. They raised the ceiling to the rafters, vaulted the ceiling in the bay, and added a mirrored niche at one end that echoes the shape of the window at the other. Wide drawers for linens and toiletries tuck into the niche under the mirror.

To remarry their bath with the home's 1930s Mediterranean styling, the Kanners tempered the crisp, clean planes of tile and glass with Deco-like accents, such as diamond-pattern border tiles on the floor and walls and cross-shaped chrome handles on the faucets. Plump towels and simple wooden accessories provide comfy counterpoints.

Bright Angles





The vanity bowl, storage units, and mirror are inexpensive stock items that Ken and Renee bought at a home improvement center. Wrapping them in a tile surround and adding a glass shelf for toiletries gave them a big-ticket, custom built-ins look.

PHOTOGRAPHS: TRIO GIOVAN. REGIONAL EDITOR: BONNIE MAHARAM. FLOOR PLAN ILLUSTRATIONS: CARSON ODE

A lot of homespun inspiration went into the new master bath that Ken and Renee Hillman added to their home near Hellertown, Pennsylvania. Before launching the project, Ken sa under a tree in the yard for many long hours staring at the spot where the bath would be added and pondering how best to build it. His pondering paid off: the Hillmans' bath wor First Place in the Bathroom Remodelings Division of our 1994 Home Improvement Contest

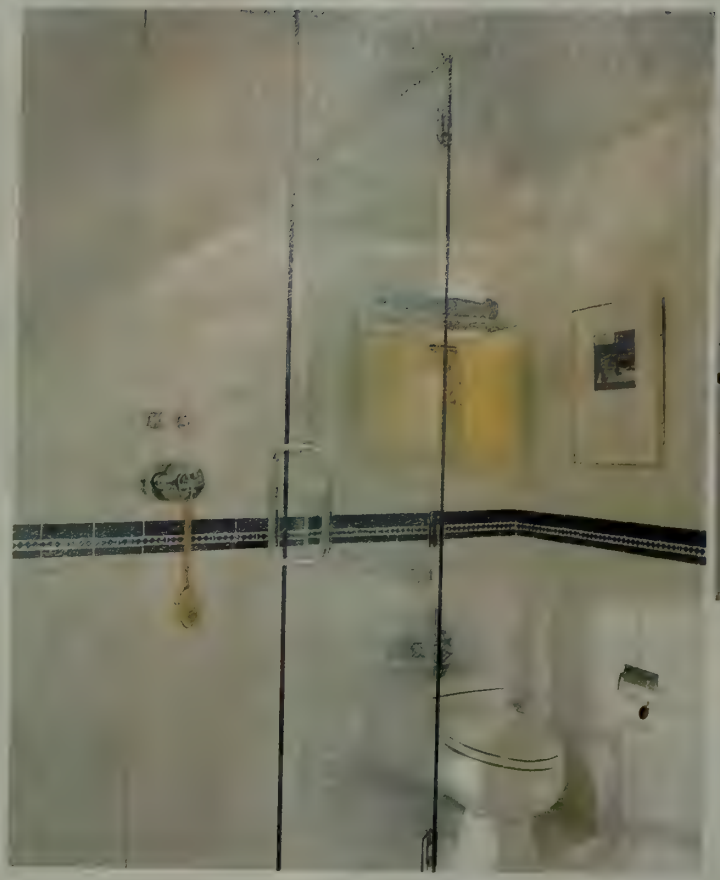
A seasoned do-it-yourselfer, Ken hit upon a plan that uses strategically chosen angles to make all the elements work together and blend comfortably with the existing house. Rather than draw up blueprints (his contest entry included a sketchy plan on graph paper), he kept most of his ideas in his head and let many of the key details evolve as work progressed.



The Hillmans regard the meadow outside as a natural extension of their new bathroom, with the tub a kind of indoor "pond." Soft grey tiles underfoot suggest morning mist on the water, and handpainted murals on the walls echo flowers of the field.

For instance, after digging and pouring footings (by hand), the Hillmans spotted some windows at a close-out sale. They were several inches taller than Ken had envisioned for the tub bay, but the price was too good to pass up. He subsequently rethought the framing for the bathroom floor so that the tub could be recessed. Also, Ken and Renee bought a demonstration-model whirlpool tub at a trade show, pocketing a nice discount. The shape of the tub then determined the angles and wall lengths for the bay window walls.

Installing bigger windows made the bath even brighter and airier than originally planned and scooped in a broader view of the meadows and woods surrounding the house. Ken angled the opening to the master bedroom so that the view could be enjoyed from both rooms.





BLUE-RIBBON BATH DETAILS

Each stainless-steel washbasin in the Kanners' bat *(above)* floats in a glossy "pool" of clear glass. Turne on edge, the glass provides a light-as-air enclosure fo the shower stall. Border tiles slide right through th shower, banding the room at wainscot height. In th Hillmans' bath *(below)*, stock cabinetry fits flush wit an angled wall of the shower alcove, putting dead spac to work at arm's reach as storage for linens. Heather greens, golds, and lavenders in the bath accessorie repeat in a series of mini-murals "sprouting" from th edges of the tub platform like lilies near a pond.





Buying information, see page 246



Whether dressed up or dressed casually, this classic Broyhill matelassé upholstery is as elegant as you are. Through a blend of stripes and florals, the impressive Sofa, $899–$999,* and Loveseat, $849–$949,* are as comfortable as they are lovely. The Wing Chair, $549–$599,* with its Queen Anne legs provides the perfect complement to the Cherry Hill Drop-Leaf End Table, $295, and Oval Cocktail Table, $295.

Broyhill®

Timeless Styling Translates To Easy Living.

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Our Cherry Hill and Chesapeake collections will enrich your home with Georgian grace. And provide the elegance and comfort that Broyhill has tastefully combined for seven decades.

From Queen Anne tables to plantation rice poster beds, Cherry Hill and Chesapeake harmonize to offer everything you've been looking for.



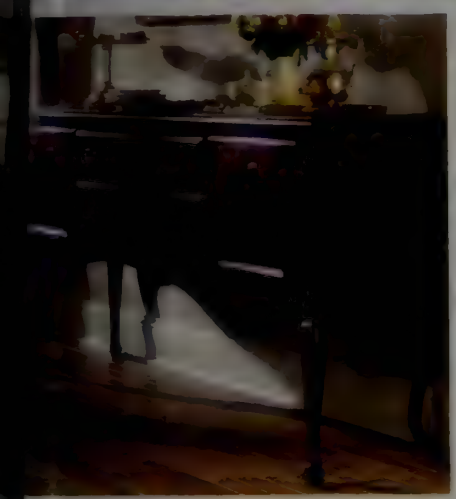
ABOVE: Eighteenth-century styling is evidenced in the Chesap Plantation Rice Bed, $740,** with gracefully turned posts and intricate details illustrating the bounty of the plantation harvest. The Night St $240, and six drawer Chest, $575, whose filigreed hardware and lust create a bedroom even more rich in 18th-century tradition. Through storage and snag-free drawers, Broyhill adds its own modern-day to

***Queen size bed shown. King and Full available. Matching rails also available.*

LEFT: The Cherry Hill Entertainment Center (holds up to a 27" $1315, is masterfully wrought with Georgian pilasters and pocket d a little light on the subject of your collectibles. The handsome lighte Unit, $565, invites leather-bound books and family photos. Drawer Corner Unit, $325. China Unit, $765 (shown on preceding page). Thr our hand-rubbed antique cherry finish enriches the warm character of the wood.

Broyhill





ABOVE: Company's coming; and with your Broyhill Sofa, $899–$999,* and Loveseat, $849–$949,* in their soft floral pattern, you're always ready to entertain. To complete the look, both the Sofa and the Loveseat boast matching wood trim which blends nicely with the cherry finish of the tables. The Three-Way Recliner, $549–$599,* lets you relax elegantly in its 18th-century styling and is just right to accompany the handsome Cherry Hill Chairside Chest, $390, and Drop-Leaf Cocktail Table, $390. The solid cherry woods of these living room tables are as warm and inviting as your hospitality.
**Most upholstery pieces are available in other fabrics. Prices vary depending upon the fabric selected.*

E: Serve a festive brunch from this
ake Sideboard, $590, and start a family
to hold on to. This multi-functional
y also grace your hall or family room
ole.



ABOVE: Any meal is a feast for the eyes when it's served on the Chesapeake oval Queen Anne Table, $865, warmly finished in hand-rubbed antique cherry. Classic Side Chairs, $205 each, and Arm Chairs, $240 each, invite family and friends to linger. The flip-top of the versatile Server, $565, provides additional serving space as needed. From old family china to your newest crystal, the Chesapeake lighted, mirror-backed China, $1565, with curio ends makes a heartwarming showcase.

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*cent trim on upholstered frames
integral part of the frame itself –
ust for decoration. Corner joints
precision mitered for accurate fit
for upholstery built to last.*



Easy-to-use leveling devices let you level your home entertainment center or wall unit in its permanent location. This ensures that doors and equipment operate properly.



ir bottoms are constructed with four corner blocks and are then securely fastened with both glue and wood screws to guarantee structural durability.

*T THE WOODS: Chesapeake is crafted for your dining room and bedrooms, with solid cherry, cherry and maple veneers, and selected American hardwoods
in antique cherry. Cherry Hill occasional pieces are created with richly grained cherry solids and feature hand-rubbed finishes of antique cherry.*



The Chesapeake Poster Bed, $425,** with a broken-pediment headboard has all the romance of an heirloom. The footboard offers a delightf timeless design feature: a blanket rail. Night Stand, $240, with brass-finished pulls which you'll never have to polish. The handsome Triple Dresser, $615, with fluted pilasters is ornamented by a Landscape Mirror, $265, to reflect the serenity of your private retreat.

***Queen size bed shown. Full available. Headboard available in King and Twin. Matching rails also available.*

Combine our Cherry Hill and Chesapeake collections to furnish your home with sheer elegance and pure comfort throughout. Or, add warming touches to your rooms with special pieces — like a sideboard, loveseat, or door unit. A participating Broyhill dealer will be happy to tell you more.

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Call Broyhill Consumer Assistance Center
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Manufacturer's suggested "Smart Buys" prices effective through May 31, 1996. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be specially or

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You know how you feel after a long day with the kids? So does your dog.











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MORE OF WHAT ACTIVE DOGS NEED.

making room for work friends and family

As our needs change so do our homes. Walls come down and walls go up as houses are reshaped to make room for our ever-evolving social and work circumstances. Maybe it's time to launch a home-based business. Can your dark and steamy unfinished attic be converted into office space? Maybe your home has become *too* inviting, and it's turned into a magnet for vacationing family and friends. How will you squeeze them all in? Or, perhaps an aging parent has come to live in your home. Can you make room? Come visit homeowners whose experiences can help you as you make room for your own life changes.







by Steve Cooper



The attic's stairwell, bel
and in the floor plan, le
was entered through a
until homeowner/archit
Dennis Hertlein remodele
To protect his soft plywo
floor, he toughened it up
with coats of polyureth

making room for work

Architect Dennis Hertlein needed a quiet, sunny drawing space so he breathed some life into the bare-bones attic of his Atlanta home. With the help of friends and family, he constructed, insulated, and transformed the room into an office with abundant light and gently curving walls. He kept costs under control by gathering second-hand granite, teak, and office furniture. Dennis says, "It's an unexpected pleasure to escape here on a cool, breezy day. It's like being up in the heart of an old oak tree."



The broad dormer added at the rear of the house, *above*, allows headroom in the attic. A dormer was built onto the front of the house, too.



A slab of salvaged granite gives Dennis an elegant work area, *below*. He tucked the desk under the ceiling to maximize floor space and made room for power cords by leaving a gap between the desktop and back wall.

All the elements of a successful office are here. There is a conference table by the stairwell, a cubby for solo work, plenty of storage, and, *below*, a spot for reflection and relaxation amid muted colors and sunshine.





The upper floor of this two-story garage, *above*, was remodeled as a guest suite. Both visitors and hosts appreciate the privacy this arrangement affords.

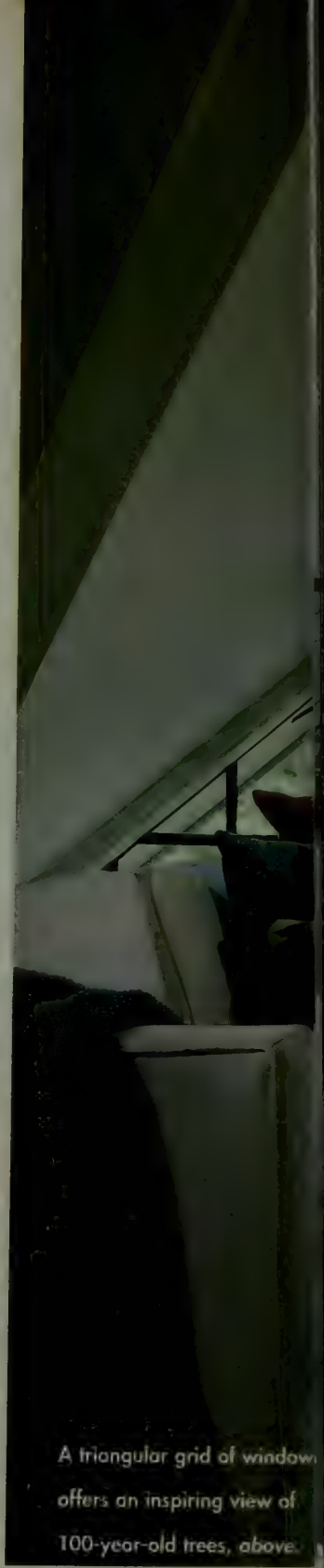
making room for friends

The owners of this Boulder, Colorado, guest suite initially developed this space for themselves, rather than guests. They converted their garage loft into living quarters and escaped there for a few months during complete renovations to their main house. The fully appointed suite retains the garage's soaring roofline and adds interior walls, flooring, fixtures, and finishes. To protect against Rocky Mountains winters, the ceiling was insulated, and the suite was given its own heating system. With one project, the couple made room for themselves and friends.

Guests will find all the necessities in this cabinet by the stairwell, *below*. The homeowners included a small refrigerator, a hot plate, a teapot, and a welcoming bottle of wine. There's even an office-supply drawer.

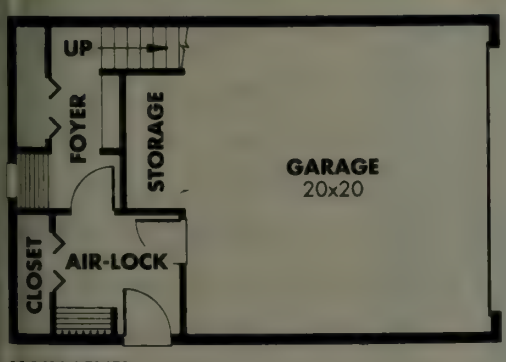


PHOTOGRAPHS: DAVID MARLOW ARCHITECT: OZ ARCHITECTURE. REGIONAL CONTRIBUTOR: MINDY PANTIEL



A triangular grid of windows offers an inspiring view of 100-year-old trees, *above*. During warm weather, guests can open lower windows and hear the soothing sound of a nearby creek. The dramatically soaring ceiling simply follows the upswept angles of the structure's original roofline.





MAIN LEVEL

Although compressed into only 560 square feet, the guest suite, *right*, includes a sitting area, bed, bathroom, and storage. A first-floor, air-lock entry, *left*, helps seal the upper level against cold and fumes from the garage.



UPPER LEVEL



making room for family

Sally and Wade Blackman, *standing and center,* are joined by Sally's mother, Nancy Dalton, *seated,* and their son, Schulyer, and daughter, Ashton.



The two-story addition at the rear of the house, *above,* made room for a light-filled, ground-floor living room and upstairs conservatory.

To help Nancy's bedroom, *below,* feel hospitable and less like the basement it once was, the original stone foundation walls were encased inside walls of wood studs and painted drywall. The thickness of the new walls accommodates the wide window shelf and the ceiling hides a tangle of pipes.



Some might identify Nancy Dalt as a victim of Alzheimer's disea But to Sally Wade, Nancy is j "Mom." After the diagnosis v confirmed, Sally and her husba Wade, felt strongly about bringi Nancy into their Wellesl Massachuetts, home. But adding their long-settled Victorian wou require major structural changes create separate living quarters f Nancy. Architect Lynn Hopki searched high and low for adap able space; she found it in a walko basement and a screened porch el vated on stilts at the rear of t house. She also incorporated t roof and floor of the raised por into a full-scale addition th became Nancy's new ground-flo living room and upper-story, fou season conservatory. The existi basement was brought out of t dark ages and into the light wi new windows and walls. This ar is now used for Nancy's compa eating area and bedroom. Sa encourages other adult children bring their loved ones hor despite the unsettling doubts an fears that too often stall such plan "You *can* accommodate your mo or dad," she says. "Don't feel li you have to hide the fact your pa ent has Alzheimer's or anoth common disease. It's challengin sure, but it has worked out, an we're so glad she's here."

With its bead-board ceiling, diamond floor-tile pattern, and white wicket, the conservatory, *above*, encourages escape into quietude during all four seasons. But the room wasn't always so elegant. It began life as a screened porch limited to fair-weather use only.

The porch, *right*, was once the uninspired entry to the walkout basement. With the addition of posts, railings, and some arching scrollwork, it now seems a romantic invitation to stop and smell the flowers.



making room for family



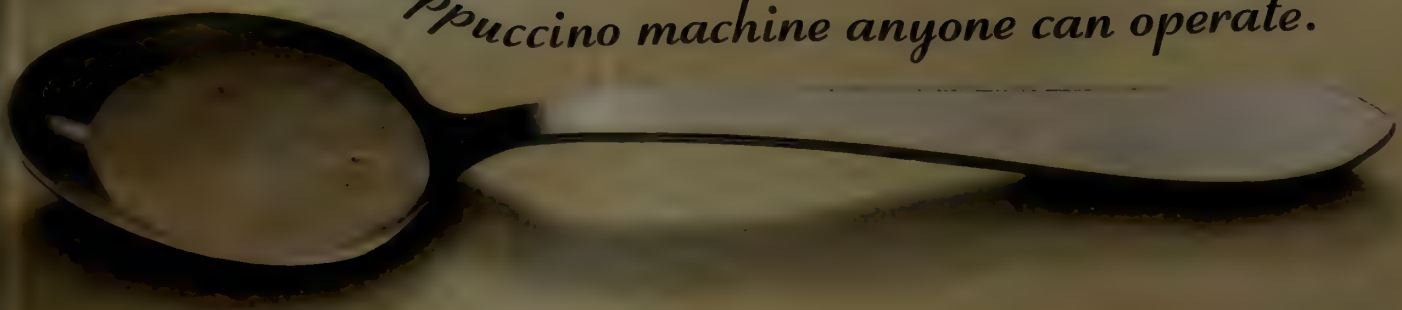
Sally wanted lots of light for her mother's living room, but she also wanted a modicum of privacy and wall space as a backdrop for furniture. The solution, *left,* was a half-and-half split between window and wall heights.

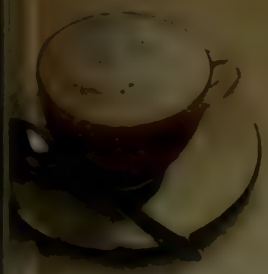
When Nancy is seated at the counter, *above,* she is cheered by the view into the garden. The inclusion of a microwave oven was a helpful idea. Models with large-print dials or punch-botton pads are easy to use, and there is minimal fire danger.

Buying information, page 246

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Finally, a cappuccino machine anyone can operate.





OPERATING INSTRUCTIONS: 1. Open packet of Maxwell House Cappuccino and put contents in cup. 2. Add hot water. 3. Stir 'til frothy. 4. Take lingering sip, put cup down and act nonchalant, remembering that this cappuccino stuff is supposed to be very sophisticated. 5. Repeat steps one through four as many times as you wish. We told you it's easy.



The magic without the machine®

Maxwell House GOOD TO THE LAST DROP Cappuccino


Looks like you're already a winner.
JACKPOT
ONEIDA
Pattern shown: Ét

by Sandra S. Soria

A rocker built for three pulls dinner duty—and serves as one of the many simple strategies for squeezing function and style into tight spaces. Pine and wicker build casual character throughout the home.

all my children



decorating family style

Not content to defer decorating gratification until the kids—or funds for a down payment—were raised, Tirzah and Dirk Wanlass have come up with some stylish strategies for turning a tiny, rented place into a cozy, hands-on home for Lacey Ellen, Shane, and newborn Luke. Help yourself to their easy ideas.





Comfort comes in sturdy, classic form: a compact camel-back sofa and wing chair. Tirzah fills the blanks with family-friendly extras: books, wicker, and plump pillows. Any breakables go above toddler level, such as up to the wicker tea table that stands tall as an end table. Active kids and a husband in the construction business dictate the easy-going style.

Though the children often whirl through the place like tiny tornadoes, the Wanlass' home remains intact, as well preserved as a series of lovely still lifes. How is this possible? Simply put: "I avoid a lot of delicate, fussy stuff," says Tirzah. The living room owes its livability to timeless upholstery clad in stainproofed cotton canvas, which joins creamy walls, a sisal-look wool rug, and an easy tab curtain to form a solid decorating foundation. To these basics, natural and amply scaled accessories add interest but don't clutter the small space with too much pattern. Given the subtle, flexible backdrop, the accents can, and do, change often. "For the price of a few pillows," says Tirzah, "I can have a whole new look."





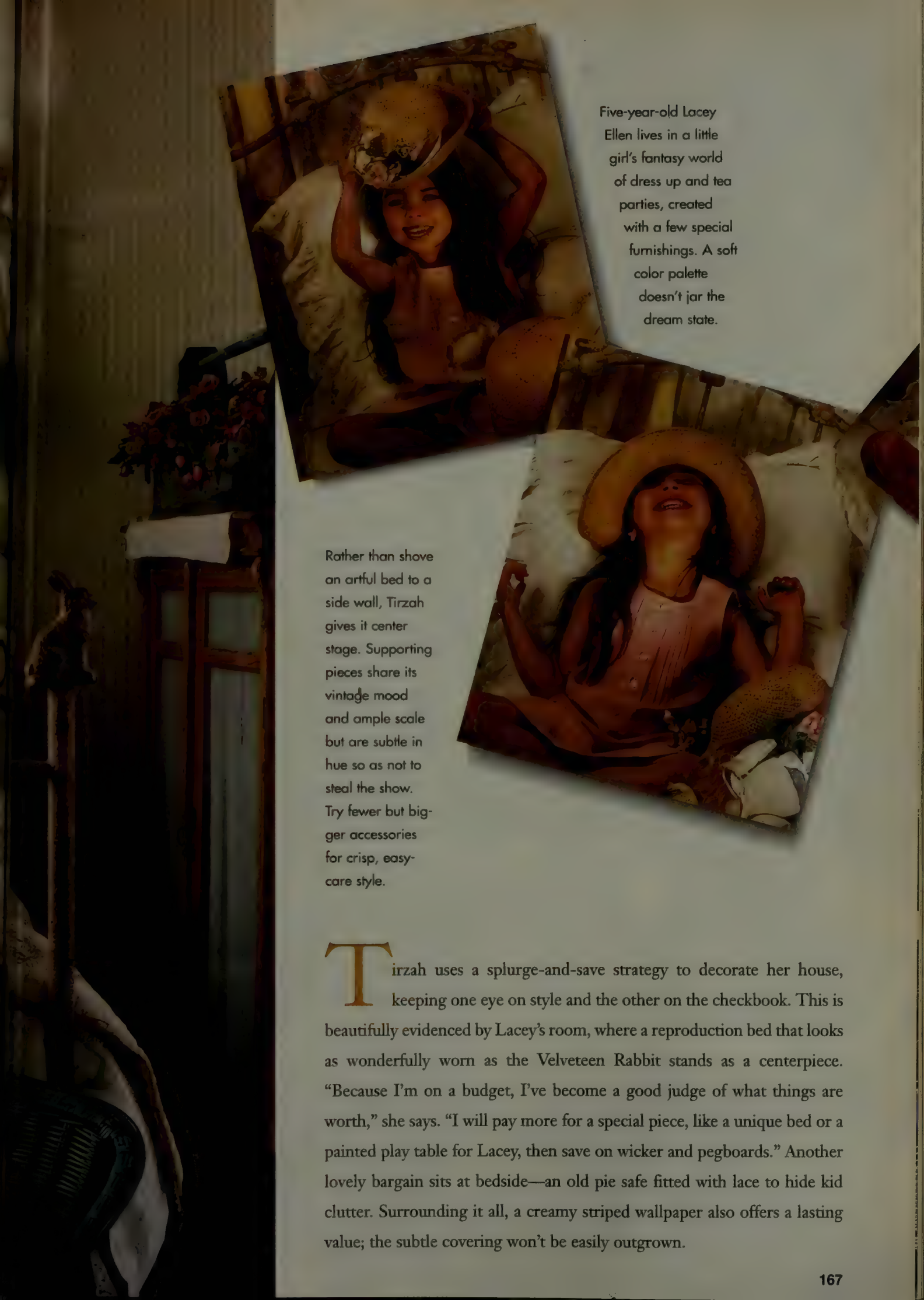
all my children

By tossing aside room labels and converting a dining room into a master bedroom, Dirk and Tirzah were able to use their entire home more efficiently. Not a formal couple, ("Our friends prefer a cozy kitchen to a formal dining room anyway," says Tirzah), it was a painless tradeoff. Given the room's lofty air space and limited floor space, Tirzah brought in a dramatic, iron four-poster, then gave it a dream quality with panels of loose-weave muslin.

High ceilings and nooky spaces are part of the turn-of-the-century apartment's charm. But charm isn't the only thing going for it—the apartment is located behind a storefront that houses Tirzah's decorating shop, named for her daughter, Lacey Ellen. Having her work so close at hand blurs the line between toil and play, allowing Tirzah to be nearer her children.

Tucking a big bed into a small room makes the space seem larger than life. Tirzah increases the size of companion pieces to be in proportion with the bed and to create more visual impact.





Five-year-old Lacey Ellen lives in a little girl's fantasy world of dress up and tea parties, created with a few special furnishings. A soft color palette doesn't jar the dream state.

Rather than shove an artful bed to a side wall, Tirzah gives it center stage. Supporting pieces share its vintage mood and ample scale but are subtle in hue so as not to steal the show. Try fewer but bigger accessories for crisp, easy-care style.

Tirzah uses a splurge-and-save strategy to decorate her house, keeping one eye on style and the other on the checkbook. This is beautifully evidenced by Lacey's room, where a reproduction bed that looks as wonderfully worn as the Velveteen Rabbit stands as a centerpiece. "Because I'm on a budget, I've become a good judge of what things are worth," she says. "I will pay more for a special piece, like a unique bed or a painted play table for Lacey, then save on wicker and pegboards." Another lovely bargain sits at bedside—an old pie safe fitted with lace to hide kid clutter. Surrounding it all, a creamy striped wallpaper also offers a lasting value; the subtle covering won't be easily outgrown.



This nursery takes its inspiration from the past, rather than from the latest cartoon craze, which means the elements can easily slip into the corner of another room—in this case, big sister Lacey Ellen's. A Wanlass style signature, natural materials such as soft, creamy cottons in the reproduction iron crib, *above*, and on the sofa, *right*, plus companion wicker are woven into every room to give the entire home a cozy feel and an easy flow.



Though as rough and tumble as any four-year-old boy, Shane doesn't have a room shielded in synthetics—but the fabrics are a bit darker and busier to mask hard wear. Shane's love of all things that go inspires the accessories, such as old sports equipment and a notable clock, which create a wonderful old-toy look now and can become his own treasures later. "There are things I wish my mom had held onto from my childhood room," says Tirzah. "So I consciously collect for my kids." The few untouchables, such as old airplanes, fly high on almost-invisible fishing line attached to the ceiling molding.





all my children

continued from page 169

little details

When decorating funds are limited—not to mention closet space—one stylish way to solve the problem is to mount a stretch of pegboard on a blank wall. Hang up favorite hats, scarves, or kid's clothes, then watch the wall come to life with personality and a soft, new dimension. Here, a wall plaque positioned off-center above the pegboard crowns the arrangement with a flourish. Tirzah balances her decorating budget by using artful stand-ins such as this throughout her house. Other decorative sleights of hand include fitting carved, flea-market frames with money-saving and space-enhancing mirrors *(see page 164)*, and making use of small shelf units or big baskets to corral collectibles and toys in a beautiful way.

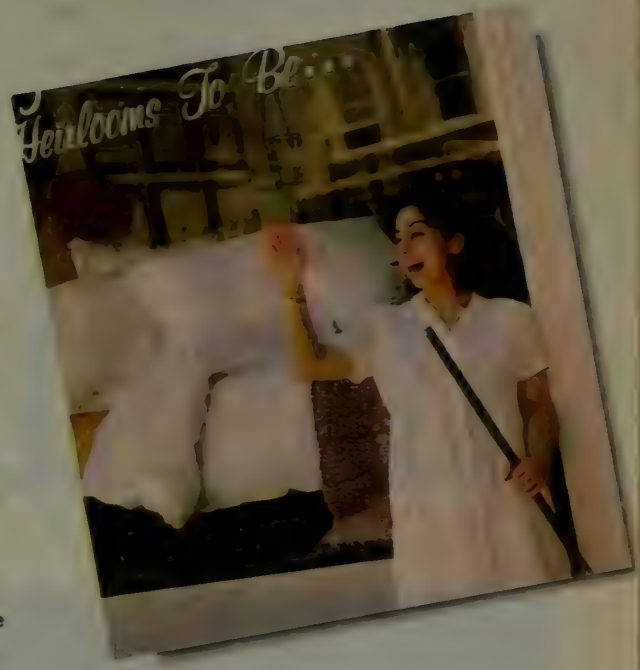


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Seemingly born to decorate (she was rearranging her family's furnishings at age five), Tirzah long dreamed of a boutique. She also wanted a big family. By combining work and life into the shop, *right*, her dreams came true. Her mother, Aida, helps mind the store and the kids. For easy displays, Tirzah selects items for her shop as she does for her home: "I like elements that are romantic, yet real," she says. Time-tested designs, such as the botanicals and teapots, *left*, blend smoothly due to their simplicity.

Buying information, page 246

Right here in Black & White.

mong these foods, Pro Plan Dog Adult mula is the only one that's made with real icken as its number one ingredient. Just npare labels–it's right there in black and ite. There's no disputing it. Pro Plan has icken. These other foods don't. If you nt your dog to get real chicken in the d he eats every day, switch to Pro Plan. Available at pet stores, feed stores and veterinarians.

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INTRODUCING THE ALL-NEW MERCURY SABLE WAG

It used to be some stretch of the imagination to think a station wagon could ever deliver the ride, handling and co
a sedan. But now it's as simple as imagining yourself in the all-new 1996 Mercury Sable wagon. Sable wagon has
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goes 100,000 miles between scheduled tune-ups.* But Sable wagon adds a few twists of its own, like an available rea

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seat, a lockable storage area and 81.8 cubic feet of cargo room within its handsomely styled shape. If you've never dered owning a wagon but you always find yourself in need of more space, call 1 800 446-8888 to learn more about wagon (or enter *http://www.Mercuryvehicles.com* for Internet access). Or visit a Mercury . One test drive and you might find it easier than you think to imagine yourself in l-new Mercury Sable wagon.

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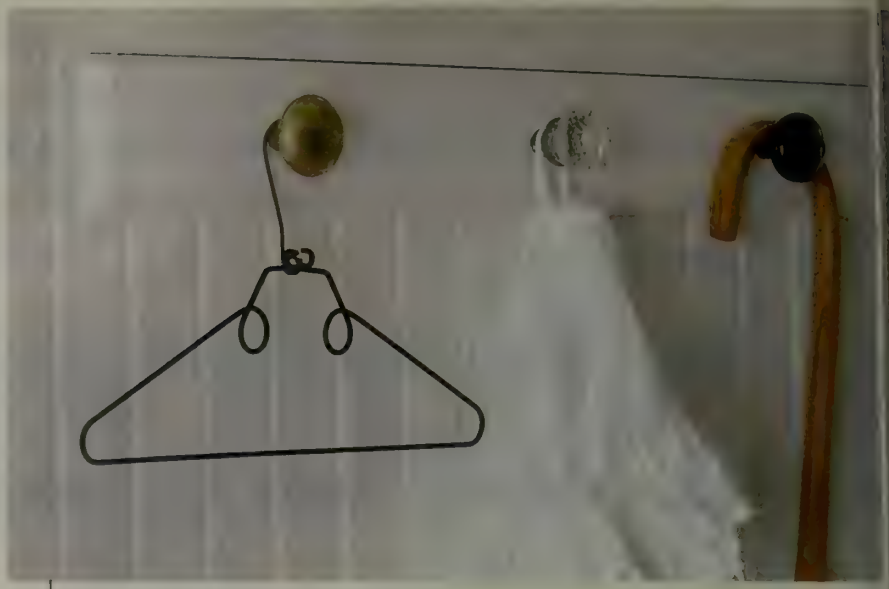
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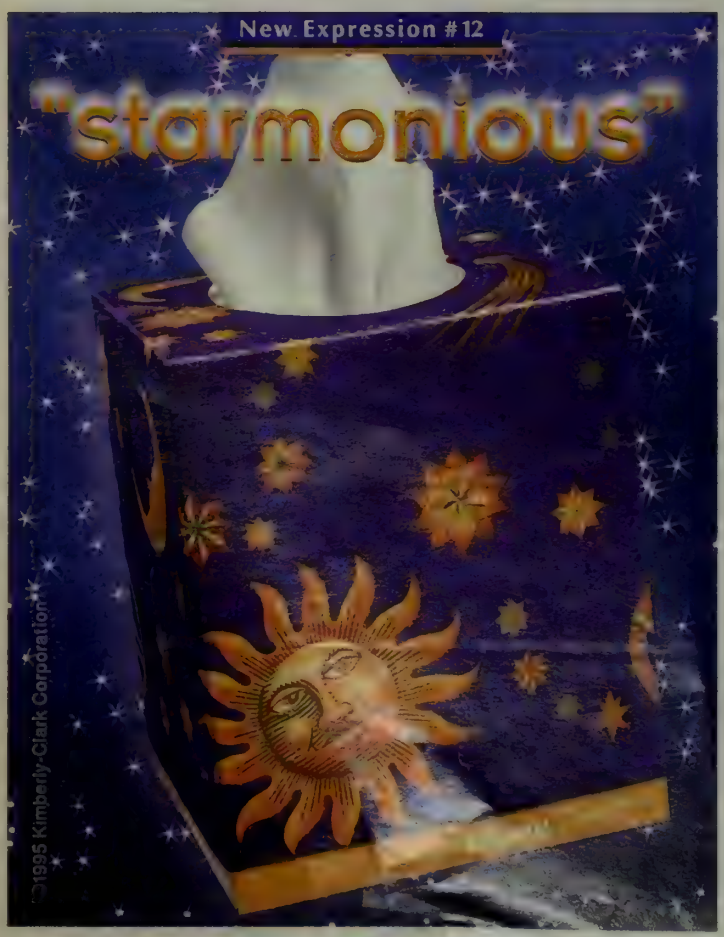
DESIGN

New Turns With Old Knobs

Short of tossing them out, what do you do with a hodgepodge of old dresser knobs and doorknobs? Consider these possibilities, and you may find yourself at the next flea-market looking for more. Try mixing knobs of varied styles or materials for fun, or search out a mismatched collection of knobs made from the same material for a subtler look. Your final project will have more natural visual rhythm, however, if the knobs you gather are similar in size.



Ready to get a new handle on old doorknobs? Here, a variety of antique doorknobs are mounted on a piece of painted wood and function as a coat and umbrella rack. For eye-pleasing proportions, the height of the wood should be at least two times the diameter of the largest knob. Hang one up in a mudroom for a steady workout, or in the front entry as a display.





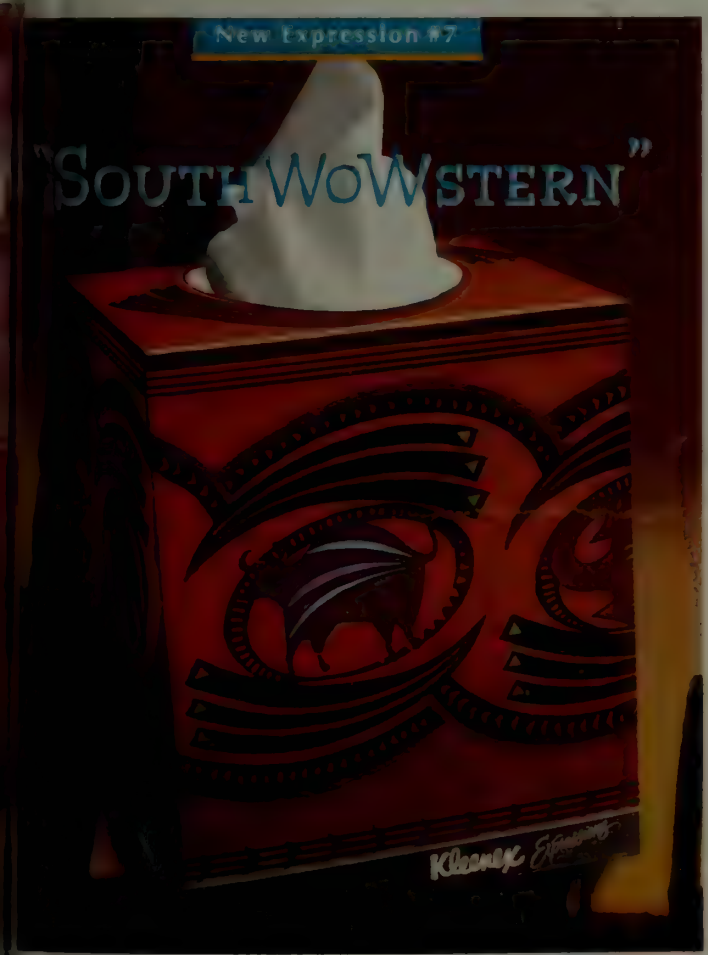
Now you can make the ... with 14 brand new Expressions

When it comes to finding new ways with knobs, don't close the door on the kind attached to dresser drawers and cupboards. These smaller versions have decorative pull, too. A mixed selection holds plates at attention on this shelf, eliminating the need for routing. Simply screw knobs into the shelf.





A fabric-covered cornice board, unadorned, is smart enough. But when doorknobs slip into the picture they open up this window treatment to a new, even prettier dimension. Here, crystal beauties hold lace swags in place to create a softly layered treatment. You can also screw the knobs directly into the window molding for a simpler dressing. In either case, create the swag with a sheer or unpatterned fabric so the knobs will be seen.





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For the love of the game

A limited-edition tribute to Cal Ripken Jr., baseball's new Iron Man

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"Cal Ripken Jr."

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He didn't set out to break any records. Certainly not Lou Gehrig's 2130 consecutive game streak. Everybody knew that was unbreakable. Cal Ripken Jr. just came to play. And did he ever play! Rookie of the Year. Two MVPs. The most homers by a shortstop in history. Did it without missing a game for 14 seasons. We all celebrated when Cal passed the 2130 mark to become baseball's new Iron Man.

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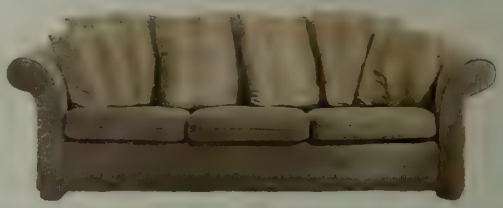
THE BRADFORD EXCHANGE

9345 Milwaukee Avenue Niles, Illinois 60714-1393

by Cathy Borcherding

Sofa Make-over

Don't rush to replace a sofa that's worse for wear. With a little strategic styling, you can obtain brand-new look and years of use for less than the cost of reupholstering or slipcovering.



before



HERE ARE A FEW WAYS TO UPDATE YOUR FAVORITE SOFA.

- Even the bottom edge of your sofa takes its share of abuse from the vacuum cleaner and heel marks. If your sofa doesn't have a skirt, add one to disguise unsightly wear marks. If it does, you may opt to edge it with a contrasting band or replace it.
- If you have box seat cushions that are becoming threadbare, replace the side panels with fabric that contrasts with the sofa's primary pattern. Balance your scheme by choosing a color that echoes the skirt as well as the decorative pillows.
- A natural wear-point, a seat cushion's welt often shows its age first. Consider replacing the original welt with a welt in a contrasting color. Not only will this lengthen the life of your sofa, it will also help to accentuate its shape.
- Throw pillows get their share of hard use, too, but they're the easiest to update. Cover your pillows with new fabric in a variety of patterns to create eye-catching appeal; you may even want to combine two or three patterns on the same pillow.
- When choosing fab to replace a sofa's w seat cushions, or skir select a new upholste similar in weight to th original. Decorative pillows, on the other hand, can be covere in a slightly lighter—b still sturdy—material such as cotton.


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this is what Hormel® Pepperoni does for appetizers



Peppi Pesto Roll-ups

Make a zesty, peppy treat that's out of this world with HORMEL® pepperoni.

- 1 (1-pound) loaf frozen bread dough, thawed
- 3 tablespoons pesto sauce
- 2 cups Sargento 6-Cheese Italian Recipe Blend
- 3½ ounces HORMEL® sliced pepperoni

Roll bread dough into 20 x 12-inch rectangle. Spread surface with pesto sauce. Sprinkle with cheese. Top with pepperoni. Roll up, starting at long side. Cut into 12 slices. Place slices, cut side up, in greased muffin cups, pressing slightly. Cover. Let rise in warm place 45 minutes. Heat oven to 375°F. Bake 20 minutes or until golden brown. Makes 12 appetizers.





pep it up!™

Hormel Foods

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Our Best RECIPES

This month, you'll find:

Winter Fresh

Savor the fresh fruits and vegetables of the season



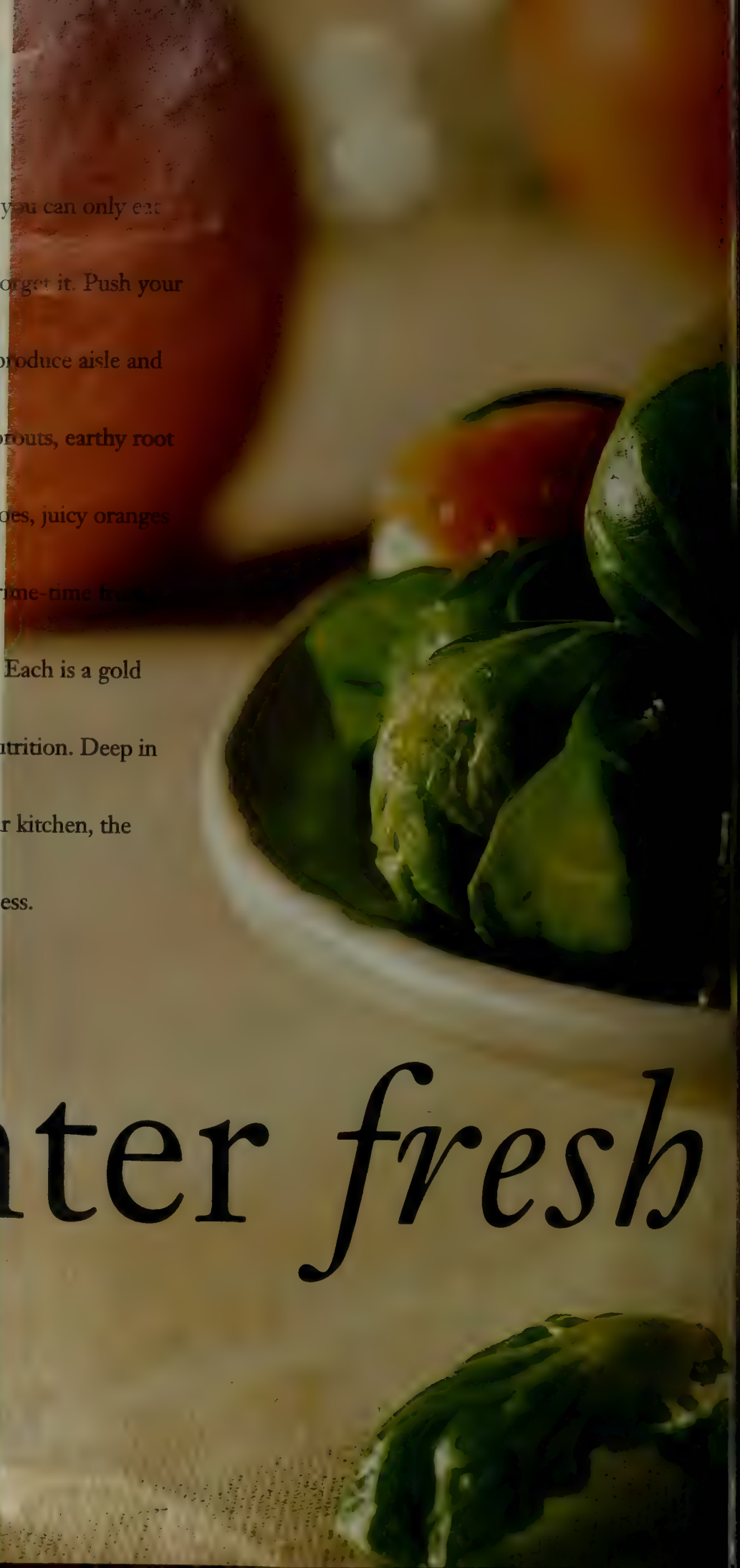
Coastal Fruit Bowl p.201

Reader's Prizewinning Recipes

Breakfast and Brunch Favorites

Mushroom Ideas p. 223

There's a myth that says you can only eat "fresh" in the summer. Forget it. Push your grocery cart over to the produce aisle and load up. Crisp brussels sprouts, earthy root vegetables, beloved potatoes, juicy oranges and papayas, and more prime-time fruits and vegetables await you. Each is a gold mine of good taste and nutrition. Deep in the heart of winter, in your kitchen, the fresh possibilities are endless.



winter *fresh*

by Joy Taylor



mustard-glazed brussels sprouts and oranges

A bowlful of this beautiful combo will brighten your late-winter dinner table. The cook will smile too because the recipe takes only minutes and a few ingredients to fix.

Recipes begin on page 204



roasted potato and garlic soup

Creamy potato soup is all jazzed up with roasted garlic, a favored seasoning with the kitchen set these days. A generous serving will warm and nourish after a wintry outing.

winter *fresh*



warm winter salad

Sturdy greens such as romaine, radicchio, and escarole stand up well in this wilted salad. Toss the greens with sweet caramelized onions, heat, and serve. Pass lemon wedges to squirt over each plateful.

tangerine-vanilla curd

This recipe Americanizes the classic lemon curd from England by using sweet tangerine juice and peel and a whisper of vanilla. We just couldn't leave well enough alone, especially with a fragrant crop of tangerines in grocery stores.



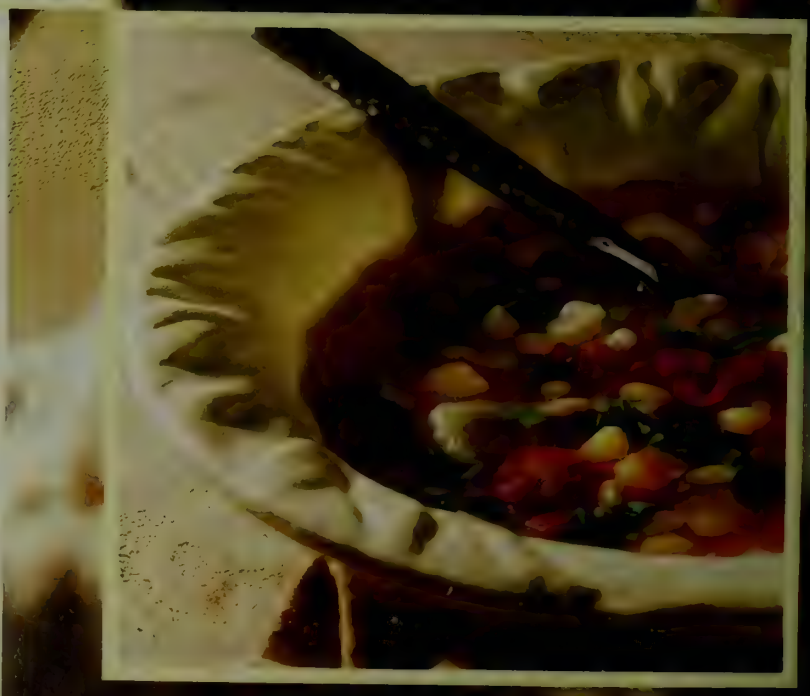
Recipes begin on page 206

winter *fresh*



bean soup with rutabaga and bok choy

Cooks agree, a hearty bean soup is a staple this time of year. Yellow, meaty rutabaga and crisp bok choy add loads of nutrition to this one-dish vegetarian meal.



chayote and potato au gratin

Down South and out West, chayotes (also called mirlitons) are a kitchen staple. This time of year, the delicate, pear-shape squash can be found in the East and North, too. Here they're stuffed with creamed potatoes, then baked till golden.

Recipes begin on page 212



pork with pear, fennel, and cabbage

Try this soul-soothing dish for next Sunday's dinner. Only a fireside table could make it more inviting. Boneless chops are browned, then braised with vegetables and fresh pear. Balsamic vinegar, caraway seed, and nutmeg round out the flavor.

mixed citrus salad

Right now, grapefruits, oranges, and lemons by the crateful shine in produce departments. While you're there, pick up a variety of greens and a fresh jicama to create this light and crisp side salad. Never tried jicama? It's crisp like carrots and mildly sweet.



Recipes begin on page 214



pasta with fennel

The fresh fennel bulb, long celebrated in Italian cooking, is now available in our markets. The crisp vegetable adds a mild licorice taste to pastas, soups, and stir-fries. Along with a touch of thyme and garlic, it's perfecto in this dish.

winter *fresh*

All the taste, half the fat.*



Campbell's® Reduced Fat Cream Soups.

*Campbell's® Reduced Fat Cream Soups have just 1/2 the fat of our regular cream soups.

© 1996 Campbell Soup Company

Winter Fresh *continued from page 191*



1. Buttercup squash 2. rutabaga 3. papaya 4. golden acorn squash 5. butternut squash 6. spaghetti squash 7. delicata squash 8. turnip 9. papaya 10. star fruit 11. fennel 12. cabbage 13. chayote 14. broccoli raab 15. cherimoya 16. mango 17. guava 18. tangerine 19. parsnip 20. brussels sprouts.

PRODUCE PRIMER

Brighten these waning days of winter by serving in-season fruits and vegetables. Most of the produce in your market this time of year comes from U.S. farms. Some of these fruits and vegetables (such as potatoes, apples, and root vegetables) have been held in cold or controlled-atmosphere storage since last summer or fall when they were harvested. Other crops (including citrus and tropical fruits, salad greens, and lettuces) are now being picked in fields, groves, or hothouses. Either way, the following fruits and vegetables are the smart buys of this season because they're in plentiful supply and in prime condition.

APPLES—Grocery stores today offer many appealing options, not just red

continued on page 194

WHAT, FRESH BERRIES IN WINTER?

Even though the tulips haven't yet bloomed, more and more supermarkets are stocking favorite summer fruits. That's because, on the other side of the equator (especially in Chili), summer fruits are now being picked and shipped northward. If you're really craving fresh plums, peaches, grapes, and berries this time of year, you'll pay dearly. Here's how to get maximum enjoyment from your imported treasures:

*Nectarines, plums, and peaches are harvested and shipped when mature but still unripe. That means they need ripening at room temperature in a paper bag before you sink your teeth into them. Once the fruit feels soft and fleshy, store in a plastic bag in the refrigerator for several days.

*Reserve these imported gems for fresh fruit bowls, lunch-box treats, or as dessert garnishes. In winter, when you prepare a baked dessert (such as cobbler or pie) that requires cupfuls of fruit, use frozen fruits.

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REDUCED FAT CREAM SOUPS



All the taste and only half the fat?* Now you're cookin'.

Campbell's Creamy Chicken & Vegetables

Prep Time: 5 min. Cook Time: 20 min.

- 4 skinless, boneless chicken breast halves
- 1/8 tsp. garlic powder
- Vegetable cooking spray
- 1 can (10 3/4 oz.) Campbell's Reduced Fat Cream of Mushroom Soup
- 1/2 cup milk
- 1 tbsp. lemon juice
- 1/4 tsp. dried basil leaves, crushed
- 3 cups cooked cut-up vegetables*

*Use a combination of broccoli flowers, cauliflowerets and sliced carrots.

1. Sprinkle chicken with garlic powder.
2. Spray skillet with cooking spray and heat over medium-high heat 1 min.
3. Cook chicken 10 min. or until browned. Set aside.
4. Add soup, milk, lemon juice, basil and vegetables. Heat to a boil. Return chicken to pan.
5. Cover and cook over low heat, 5 min. or until chicken is done. Serves 4.



Campbell's Makes Everything *Mm! Mm!* Better.™

*Campbell's® Reduced Fat Cream Soups have just 1/2 the fat of our regular cream soups.

http://www.campbellsoups.com

Winter Fresh

continued from page 192

or green. In late winter, the most popular ones include Cortland, Empire, Golden Delicious, Granny Smith, Jonathan, McIntosh, Red Delicious, Rome Beauty, Stayman, Winesap, and York Imperial. Do a side-by-side apple tasting, and you'll immediately notice a difference in flavor and juiciness. Some taste best fresh (uncooked); others are the perfect choice for cooking. Check the chart on page 215 to identify the best uses for each. Keep apples in a plastic bag with ventilation holes in your refrigerator crisper or in a cold, moist place. Treat cut apples with lemon juice or ascorbic acid color-keeper to prevent browning.

CABBAGE AND FAMILY—Large, round heads of green and red cabbage, petite brussels sprouts, leafy broccoli raab (pronounced rob), and bok choy are all related. Of these, you may not be familiar with either bok choy or broccoli raab (also called rapini), which looks like stalks of broccoli with sprouting spinach leaves. Bok choy (a variety of Chinese cabbage) has long, white celerylike stalks and large, dark green leaves. When shopping, avoid vegetables with shriveled leaves. If you're concerned about pesticide residues, remove loose outer leaves of cabbage and brussels sprouts before cooking. Store in the refrigerator in plastic bags for up to a week.

CHAYOTE—You'll find fields of chayote (chaw YOTE ee) in sunny California, but they might be called mirliton instead—the preferred name in Cajun and Southern cuisines. Chayote is a pear-shaped squash with a delicate green- or white-ridged skin. Inside, you'll find a single large seed that can be easily removed with a spoon. The moist flesh tastes like a cross between an apple and a cucumber. Use chayote in cooking as you would zucchini or other summer squash. The skin is edible. Refrigerate chayote in a plastic bag for up to two weeks.

CITRUS FRUITS—This time of year, Northerners especially welcome a gift of sunshine in the guise of numerous varieties of oranges (including red-fleshed blood oranges and seedless navel oranges), grapefruits, easy-to-peel tangerines, tangelos, limes, lemons, and bite-size kumquats. All these juicy wonders keep well for two to three weeks in the refrigerator.

FENNEL—This bulbous vegetable with celerylike stalks and feathery, bright green leaves has a light licorice flavor, which mellows upon cooking. Look for firm, smooth bulbs that are free of cracks or brown spots. The stalks should be crisp. Store the bulb in a plastic bag in the refrigerator for up to four days. Discard the tough upper stalks. Save the leaves for a delicate garnish.

GREENS AND LETTUCES—In winter, sturdy greens such as Belgian endive, radicchio, escarole, and romaine are plentiful. Belgian endive grows in a small, cone-shaped head with tightly packed, slender leaves. Escarole has irregularly shaped, dark green leaves; it's an ideal choice for wilted salads. Radicchio, an Italian red chicory, has ruby leaves with thick, white veins. Romaine, the classic choice for Caesar salad, features large and long, dark green leaves. Belgian endive, radicchio, and escarole leaves are slightly bitter tasting; romaine tastes mild. Choose heads that are crisp and unblemished. Rinse and drain before storing. Chill them in plastic bags for up to a week.

PEARS—As with apples, choose the pear variety that works best for your recipe. (See chart, page 198.) Best pear buys right now include Anjou, Bosc, Comice, and Nelis. For optimum flavor and texture, pears are picked mature, yet unripe. Select fresh pears without bruises or cuts. Don't judge ripeness by skin col— with some varieties, the skin c or doesn't change as the fruit ripens lo ripen pears at home, place un e fruit in a paper bag and let stan at room temperature for a few d When the pear yields to ge le thumb pressure at the slender s n end, eat or refrigerate. Treat cu p pears with ascorbic acid color-kee r or lemon juice to prevent browni g.

POTATOES—Red, white, rou l, oblong—you'll find all potato v - eties in plentiful supply year-rou l. Choose russets for baking or ma - ing and long whites for potato sa l and casseroles. Or, call on rou l whites for any recipe. Choose po toes with clean, smooth skins, free green or soft spots. Store them i well-ventilated place that is cool a slightly humid. Avoid refrigerati because chilled potatoes can beco overly sweet and may darken wh cooked. Also, keep them in the da bright light causes greening of t skin, resulting in a bitter flavor.

ROOT VEGETABLES—These a so named because the edible porti is the root rather than the leafy to Carrot ranks as the most popu root vegetable, followed by parsn rutabaga, and turnip, which are oft confused with one another. Ju remember, parsnips resemble whi sweet carrots; turnips are the tini version of rutabagas. Store them the refrigerator for a week or mor Sometimes parsnips, rutabagas, ar turnips are covered with a wax coa ing to extend storage. Simply cut o this coating before cooking.

TROPICAL FRUITS—Certai regions in Florida, California, an Hawaii possess the just-right climat to grow many tropical fruits, includ ing cherimoya, papaya, guav kiwifruit, star fruit, and mang You'll most likely find unripene fruit in stores. To ripen, store th fruit at room temperature for a fe days until it yields to gentle pressure

continued on page 19

Team up two classics and don't expect leftovers.



Pepperidge Farm's perfectly seasoned stuffing and Campbell's Soup's creamy texture create a delicious new recipe you're sure to file with your everyday favorites.

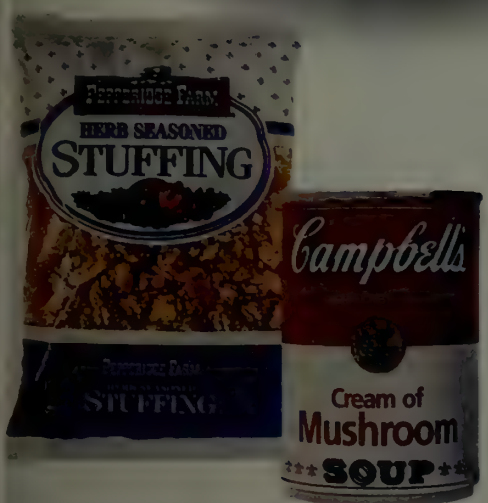
One Dish Chicken & Stuffing Bake

4 cups Pepperidge Farm® Herb Seasoned Stuffing
4 to 6 skinless, boneless chicken breast halves
Paprika
1 can (10 3/4 oz) Campbell's® Cream of Mushroom Soup
1/3 cup milk
1 tbsp. chopped fresh parsley

1. Mix stuffing, 1 1/4 cups boiling water and 4 tbsp. margarine*
2. Spoon stuffing across center of 3-qt shallow baking dish. Place chicken on each side of stuffing. Sprinkle paprika over chicken.
3. Mix soup, milk and parsley. Pour over chicken.
4. Bake covered at 400°F for 30 min. or until chicken is no longer pink.

*For lower fat stuffing reduce margarine to 1 tbsp.

Prep Time: 10 min. Cook Time: 30 min. Yield: Serves 4 to 6



996 Pepperidge Farm, Inc. ©1996 Campbell Soup Company

Winter Fresh

continued from page 194

Other ripeness tests: a star fruit should be fully yellow with slight browning on the ribs (points of the stars). A cherimoya may turn a dull, brownish green when ripe. Once ripened, these fruits require gentle handling and refrigeration.

WINTER SQUASH—These hard-shelled beauties mature in fall and are stored for winter-long cooking. Acorn, butternut, spaghetti, and turban winter squash are the most popular varieties, but look for other fancy shapes, names, and colors in your store. Avoid cracked or bruised squash. At home, store the whole squash in a cool, dry place for up to two months. If you purchase a cut squash, store wrapped in plastic for up to four days in the refrigerator.

WINTER SQUASH SOUP

A surprising blend of tomato and orange juices adds snap to this pureed soup. If you like, chill the smooth soup overnight, then just reheat to serve.

- 1¼ lb. butternut squash
- 2 stalks celery, chopped (1 cup)
- 1 medium onion, chopped (½ cup)
- 1 Tbsp. margarine or butter
- 1 tart medium apple (such as Granny Smith or McIntosh), peeled, cored, and chopped (1 cup)
- 1¼ cups water
- 1¼ cups tomato juice
- ¼ tsp. apple pie spice
- ¼ tsp. salt
- ¾ cup orange juice
- Poached apple slices (optional)
- Snipped chives (optional)

Peel, seed, and cube squash (should have about 3 cups); set aside.

In a 3-quart saucepan cook ce y and onion in hot margarine or bu r about 5 minutes or till nearly ten r. Add the cubed squash, apple, w tomato juice, apple pie spice, salt. Bring to boiling; reduce h Cover and simmer about 20 min or till squash is tender. Cool the r ture slightly.

Place mixture, half at a time, blender container or food proce bowl. Cover and blend or process smooth. Return mixture to sauce Stir in orange juice; heat throu Season to taste with *pepper.* If desi garnish each serving with poac apple slices and snipped chi Makes about 5 cups (4 side-c servings).

Nutrition facts per serving: 145 c 3 g total fat (1 g sat. fat), 0 mg ch 350 mg sodium, 30 g carbo., fiber, and 3 g pro. Daily Values: 8 vit. A, 85% vit. C, 7% calcium, 10% iron.





Poached apple slices and snipped chives float on each bowlful of Winter Squash Soup.

PEAR CRISP WITH LEMON SAUCE

A crunchy oat and almond topping with warm, tender fruit underneath, all capped with a luscious lemon sauce. Comfort food at its best!

- 5 cups sliced, peeled baking pears (such as Bosc)
- 1 Tbsp. sugar
- ½ tsp. finely shredded lemon peel
- ⅔ cup regular rolled oats
- ⅓ cup packed brown sugar
- ⅓ cup all-purpose flour
- ¼ tsp. ground cardamom
- ¼ cup margarine or butter
- ⅓ cup sliced almonds
- 1 recipe Lemon Sauce (see recipe, page 198)

In a 2-quart square baking dish toss pears with 1 tablespoon sugar and *half* of the shredded lemon peel.

continued on page 198



Winter Fresh

continued from page 197

For topping, in a bowl combine oats, brown sugar, flour, cardamom, and the remaining lemon peel. Cut in margarine or butter till mixture resembles coarse crumbs. Stir in almonds. Sprinkle topping over fruit.

Bake in a 375° oven for 30 to 35 minutes or till fruit is tender and topping begins to brown. Serve warm with Lemon Sauce. Makes 6 servings.

Nutrition facts per serving: 341 cal., 15 g total fat (2 g sat. fat), 36 mg chol., 118 mg sodium, 51 g carbo., 4 g fiber, 5 g pro. Daily Values: 17% vit. A, 10% vit. C, 5% calcium, and 11% iron.

WINTER PEAR VARIETIES

Choose the winter pear variety that has the flavor and cooking attributes best suited to your intended use.

VARIETY	FLAVOR	USES
Anjou	sweet, juicy	salads, snacks
Bosc	creamy, full-flavored	all-purpose
Comice	very sweet, juicy	salads, snacks
Nelis	sweet, creamy	all-purpose

LEMON SAUCE

You can also spoon this zippy sauce over poached pears or apples or slices of pound cake. Refrigerate any leftover sauce till needed.

- ¼ cup sugar
- 2 tsp. cornstarch
- ½ cup water
- 1 beaten egg yolk
- 1 Tbsp. margarine or butter
- ¼ tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice



Pear Crisp with Lemon Sauce (recipe begins on page 197). Serve it warm and wait for raves.

In a 1-quart saucepan stir together the sugar and cornstarch. Add water; stir till combined. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 2 minutes more. Remove the saucepan from heat. Stir a little of the hot mixture into the beaten egg yolk. Return all of the mixture to the saucepan. Cook and stir over low heat till nearly bubbly. Cook and stir for 1 minute more. Remove from heat.

Stir in the margarine or butter, shredded lemon peel, and lemon juice. Serve sauce warm. Makes about ⅔ cup.

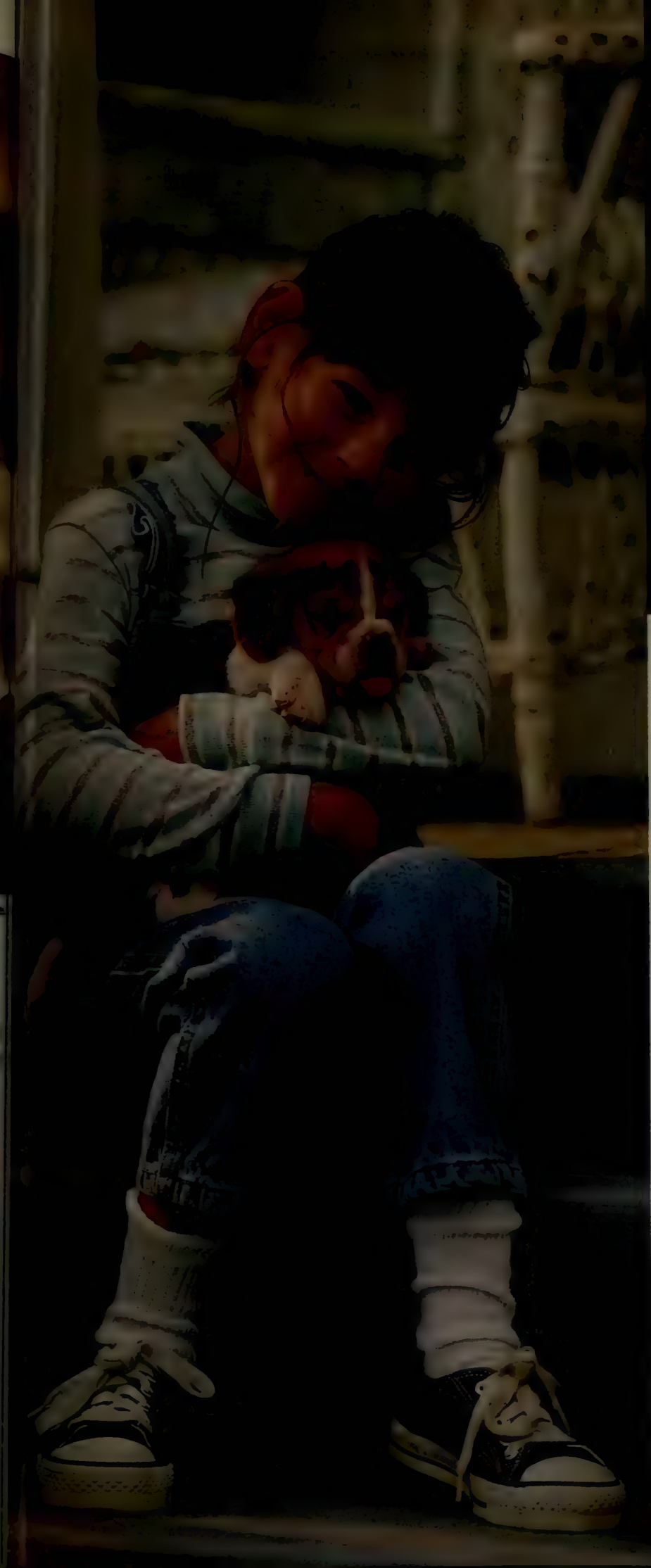
Nutrition facts per 2 tablespoons: 76 cal., 3 g total fat (1 g sat. fat), 43 mg chol., 29 mg sodium, 11 g carbo., 0 g fiber, and 1 g pro. Daily Values: 9% vit. A, 2% vit. C, 0% calcium, and 0% iron.

HERB-ROASTED CORNISH HENS WITH ROOT VEGETABLES

Slip dinner into the oven, and a little more than an hour later, come back to add a few final touches.

- 2 1- to 1½-lb. Cornish game hens
- 4 medium carrots, peeled and cut into 2-inch lengths
- 4 medium parsnips, peeled and cut into 2-inch lengths
- 2 small turnips, peeled and cut into wedges
- 1 onion, cut into wedges
- 3 Tbsp. olive oil or cooking oil
- 1 clove garlic, minced
- 2 tsp. dried rosemary, crushed
- 2 tsp. dried oregano, crushed
- ½ tsp. salt

continued on page 200



What do you remember most about growing up?

First pet. First responsibility. But you came through. Sure, he got ahold of your best doll once or twice. Or maybe that box of raisins you set down for a moment. Still, those were minor setbacks compared to what you learned. Like how to raise and feed a little one. And how to give unconditional love. In other words, the kinds of things it takes to be a Mom.



Simple. Genuine. Good.

Winter Fresh

continued from page 198

Rinse hens and pat dry. Skewer neck skin to back; tie legs to tail. Twist wings under back. Place birds, breast up, on a rack in a large shallow roasting pan. Place carrots, parsnips, turnips, and onion around hens in pan. Combine olive oil, garlic, rosemary, oregano, and salt; brush onto birds and vegetables.

Roast, uncovered, in a 375° oven for 1¼ to 1½ hours or till hens are no longer pink and the drumsticks move easily in their sockets. During roasting, turn vegetables occasionally. Transfer hens from roasting pan to serving platter. Cover and keep warm. Remove rack from roasting pan. Stir vegetables. Increase oven temperature to 450°. Continue roasting vegetables for 15 to 20 minutes more or till tender and brown.



Herb-Roasted Cornish Hens with Root Vegetables (recipe begins on page 198).



Jell-O Refreshers

Juice Up Your Jell-O®

Cranberry Raspberry Citrus Sparkler: Prepare Jell-O Brand gelatin as directed on 4-serving package, using 1½ cups boiling water and ½ cup cold orange juice. Chill and thrill.



Still the coo



Peel root vegetables before roasting. A vegetable peeler works best for carrots, parsnips, and turnips. If the vegetables are wax coated, use a paring knife.

To serve, using a slotted spoon, spoon vegetables around hens on platter. Makes 4 main-dish servings.

Nutrition facts per serving: 422 cal., 26 g total fat (5 g sat. fat), 80 mg chol., 406 mg sodium, 25 g carbo., 7 g fiber, and 26 g pro. Daily Values: 171% vit. A, 28% vit. C, 6% calcium, and 8% iron.

COASTAL FRUIT BOWL

Try some of the tropical fresh fruits now being grown in Florida and California. Soak them in a Caribbean-style rum and lime syrup, then serve them icy cold.

- ⅓ cup water
- ¼ cup sugar
- 1 to 2 Tbsp. light rum (optional)
- 1 Tbsp. lime juice
- Few dashes aromatic bitters (optional)
- 2 cups desired cut-up fresh fruit, such as cherimoya, star fruit, guava, kiwifruit, mango, banana, and/or papaya, chilled
- Lime peel curls (optional)
- Lime wedges (optional)

In a small saucepan bring water and sugar to boiling, stirring till sugar is dissolved. Reduce heat to low; simmer, uncovered, for 1 minute. Remove from heat. Stir in rum, lime juice, and bitters, if desired. Transfer to a storage container; cover and chill.

To serve, place fruit in bowls; spoon chilled syrup over fruit. If desired, garnish each serving with a lime peel curl and serve with a lime wedge. Makes 4 servings.

Nutrition facts per serving: 84 cal., 0 g total fat, 0 mg chol., 4 mg sodium, 21 g carbo., 3 g fiber, and 1 g pro. Daily Values: 6% vit. A, 128% vit. C, 1% calcium, and 1% iron.

Fruit notes: Some fruit skins and seeds are edible, others aren't. You'll want to peel papaya, mango, and cherimoya and discard their seeds. The star fruit doesn't require peeling before slicing, but you may want to strip off the brownish fibers on the ridges. The skins and seeds of guava and kiwifruit are edible.

continued on page 202



Jell-O Refreshers

Spritz Up Your Jell-O®

The Lime Squeeze Spritzer: Prepare Jell-O® Brand gelatin as directed on package, substituting cold Canada Dry® Seltzer/Sparkling Water for cold water. Chill and thrill.



Still the coolest.

Winter Fresh

continued from page 201



Broccoli raab must be kept well chilled because it deteriorates quickly under warm conditions. The leafy stalks and small buds are all edible; discard any slimy or wilted portions before tearing into bite-size pieces.

WINTER RISOTTO

Arborio rice is a short Italian grain that contributes to the creamy quality of risotto. This rice is worth looking for in specialty food shops if you can't find it in your supermarket.

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp. margarine or butter
- 1 cup arborio or medium grain rice
- 2 cups water
- 1 14½-oz. can chicken broth
- ½ lb. broccoli raab (see photo, above), torn into bite-size pieces (about 2¾ cups); or ¼ lb. broccoli, cut into 1-inch pieces, plus ¼ lb. torn fresh spinach
- ⅓ cup shredded Parmesan cheese
- ¼ tsp. pepper
- Dash nutmeg
- ¼ cup chopped toasted pecans
- Cracked black pepper
- Shredded Parmesan cheese (optional)

In a 3-quart saucepan cook onion and garlic in hot margarine or butter till onion is tender but not brown. Stir in the uncooked rice. Cook and stir for 2 minutes more.



Winter Risotto shows off broccoli raab, but you can substitute fresh broccoli and spinach leaves if desired. Either way, the risotto is creamy and flavorful.

Carefully stir water and broth into rice mixture. Bring to boiling; reduce heat. Cover and simmer for 20 minutes (do not lift cover).

Remove from heat. Stir in broccoli raab or broccoli and spinach, ⅓ cup Parmesan cheese, ¼ teaspoon pepper, and nutmeg. Cover; let stand 10 minutes. Serve immediately, topped with pecans, cracked pepper, and additional cheese, if desired. Makes 2½ cups (4 side-dish servings).

Nutrition facts per serving: 317 cal., 11 g total fat (1 g sat. fat), 8 mg chol., 494 mg sodium, 43 g carbo., 2 g fiber, 11 g pro. Daily Values: 38% vit. C, 11% calcium, 18% iron.

WINTER SQUASH-APPLE BRUNCH CAKE

No one will guess the secret ingredient that makes this so moist and golden.

- 2¼ cups all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ½ cup margarine or butter
- 1⅓ cups sugar
- ½ tsp. vanilla
- 3 eggs
- ¾ cup mashed, cooked acorn or butternut squash (about 6 oz.)

continued on page 204

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Winter Fresh

continued from page 202

- ½ cup buttermilk
- 3 to 4 tart medium cooking apples (such as Granny Smith or McIntosh)
- 1 cup finely chopped walnuts
- 1 cup golden raisins
- ¼ cup sugar
- ½ tsp. ground cinnamon
- 1 recipe Powdered Sugar Icing (see recipe, below) or sifted powdered sugar

Grease a 10-inch springform pan or 13x9x2-inch baking pan; set aside. Stir together flour, baking powder, baking soda, the first ½ teaspoon cinnamon, and nutmeg; set aside.

In a large mixer bowl beat margarine or butter for 30 seconds or till softened. Add sugar and vanilla; beat till combined. Add the eggs, one at a time, beating well after each addition. Stir together mashed, cooked squash and buttermilk. Add squash mixture and dry ingredients alternately to the egg mixture; mix well. Peel, core, and chop enough of the apple to make 1½ cups. Stir chopped apple, walnuts, and *½ cup* of the raisins into the batter. Spoon the batter into the prepared pan. Peel, core, and thinly slice enough of the remaining apple to equal 1 cup. Combine ¼ cup sugar and remaining ½ teaspoon cinnamon; toss with sliced apples. Arrange sliced apples on top of batter. Sprinkle with remaining raisins.

Bake in 325° oven for 1 to 1¼ hours for springform pan, 55 to 60 minutes for 13x9x2-inch pan or till cake tests done with a toothpick. Cool on rack for 10 minutes. If using springform pan, loosen sides of pan; cool on rack. Serve slightly warm or cool. Drizzle with Powdered Sugar Icing or sprinkle with powdered sugar. Makes 12 to 14 servings.

Powdered Sugar Icing: Stir together 1 cup sifted powdered sugar and enough buttermilk to make of drizzling consistency.



Pumpkin cake lovers will celebrate over this Winter Squash-Apple Brunch Cake (recipe begins page 202). Mashed acorn or butternut squash stands in for the pumpkin; tender slices of appl and raisins cap the moist spice cake. Serve it warm or cool, with a drizzle of icing.

Nutrition facts per serving: 434 cal., 16 g total fat (3 g sat. fat), 54 mg chol., 234 mg sodium, 71 g carbo., 2 g fiber, and 6 g pro. Daily Values: 12% vit. A, 5% vit. C, 9% calcium, and 13% iron.

MUSTARD-GLAZED BRUSSELS SPROUTS AND ORANGES

You'll win converts to brussels sprouts when you serve this slightly sweet dish. We used both blood and navel oranges in the photo on page 185.

- 3 medium oranges (such as blood and/or navel)
- 1 lb. fresh brussels sprouts (about 4 cups)
- 1 Tbsp. margarine or butter
- 2 tsp. cornstarch
- ¼ tsp. five spice powder or dried dillweed
- 2 Tbsp. honey mustard

Finely shred portion of peel of one orange to make ½ teaspoon peel; set aside. Halve orange; squeeze juice. Working over a bowl to catch the juices, peel and section the remaining oranges (see photo, page 206); set aside. Combine the juices to get ⅓ cup (add water, if necessary).

Rinse brussels sprouts. Halve any large sprouts. In a medium saucepan cook sprouts, uncovered, in a small amount of boiling water for 10 to 12 minutes or till tender. Drain and transfer to a serving bowl. Gently stir in orange sections; cover and keep warm.

continued on page 206

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Winter Fresh

continued from page 204



To section an orange, first remove the peel and white membrane from the whole fruit. Use a sharp paring knife to cut the fruit section away from the membrane on each side.

In the same saucepan melt margarine or butter. Stir in cornstarch and five spice powder or dillweed. Stir in reserved orange peel, orange juice, and mustard. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Transfer brussels sprouts and fruit to serving bowl. Top with sauce; toss to serve. Makes 3½ cups (5 to 6 side-dish servings).

Nutrition facts per serving: 103 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 87 mg sodium, 19 g carbo., 5 g fiber, 3 g pro. Daily Values: 11% vit. A, 148% vit. C, 4% calcium, 9% iron.

ROASTED POTATO AND GARLIC SOUP

Leave the skins on two potatoes so they'll look pretty in the soup.

- 4 medium red potatoes
- 1 large onion, coarsely chopped
- 2 tsp. snipped fresh rosemary or 1 tsp. dried rosemary, crushed
- 1 bulb garlic
- 1 Tbsp. olive oil
- 1 14½-oz. can chicken broth
- 1 Tbsp. all-purpose flour
- ¼ tsp. pepper
- 1 cup half-and-half or light cream
- 1 recipe Homemade Croutons (see recipe, at right) (optional)
- Fresh rosemary sprigs (optional)

WHAT'S YOUR FAVORITE BH&G RECIPE?

Next year, *Better Homes and Gardens* magazine will celebrate the 75th anniversary of its first publication. Over the decades, it has been our pleasure to serve as a home cook's best friend, providing recipes that are reliable, creative, and above all, tasty.

In an upcoming anniversary issue, we plan to feature some of the time-honored recipes (clipped from the pages of our magazine) that readers like you have enjoyed the most. Please send us a copy of a favorite *Better Homes and Gardens* magazine recipe (or the recipe title and approximate date it was published), along with a line or two telling us what you love about it, on what occasions you serve it, and why you have cherished it over the years. We're excited to see the results, and we know you will be too.

Include your name, address, telephone number, and any other information you care to share about your love of cooking and what *Better Homes and Gardens* recipes have meant to you.

Mail your recipe and letter by April 15, 1996, to Better Homes and Gardens Food Department, Attention: 75th Anniversary Recipes, 1716 Locust St., Des Moines, IA 50309-3023. All letters become the property of *Better Homes and Gardens* magazine.

Peel and cube 2 of the potatoes. Cube remaining 2 potatoes, leaving skin on. Place peeled potatoes on one side of a 9x9x2-inch baking pan and the unpeeled potatoes on the other side. Sprinkle onion and snipped rosemary evenly over all. Peel away the dry outer leaves of skin from bulb of garlic. Leave skins of cloves intact. Snip off the pointed top with scissors, leaving the bulb intact, but exposing the cloves. Place the garlic bulb, cut side up, on top of the potatoes. Drizzle olive oil over all. Bake, covered, in a 400° oven about 50 minutes or till garlic cloves feel soft and potatoes are tender. Cool slightly.

Squeeze the garlic bulb to remove the paste from the cloves. In a blender container or food processor bowl, combine the garlic paste, *peeled* potatoes, about half the onion, half of the chicken broth, all of the flour, and pepper. Cover and blend till nearly smooth.

Pour the pureed mixture into a medium saucepan. Stir in the unpeeled cooked potato, remaining onion and broth, and half-and-half. Cook and stir over medium heat till slightly thickened and bubbly. Cook and stir for 1 minute more. If necessary, stir in additional half-and-half to make the soup the desired consistency. To serve, ladle into soup bowls. If desired, top each serving with Homemade Croutons and a sprig of rosemary. Makes 5 cups (4 side-dish servings).

Nutrition facts per serving: 285 cal., 11 g total fat (5 g sat. fat), 23 mg chol., 361 mg sodium, 40 g carbo., 3 g fiber, 8 g pro. Daily Values: 7% vit. A, 26% vit. C, 8% calcium, 7% iron.

HOMEMADE CROUTONS

- 2 cups cubed sourdough bread or rye bread
- 2 Tbsp. margarine or butter, melted
- ½ tsp. Italian seasoning, crushed

Spread sourdough or rye bread in a single layer in a shallow baking dish. Stir together melted margarine or butter and Italian seasoning; pour over bread cubes. Bake in a 400° oven for 5 minutes. Stir; bake 5 to 10 minutes more or till crisp and brown. Makes 2 cups.

Nutrition facts per ¼ cup: 43 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 72 mg sodium, 3 g carbo., 0 g fiber, 1 g pro. Daily Values: 3% vit. A, 0% vit. C, 0% calcium, 1% iron.

continued on page 210

Progresso Pasta Soups, A Great Twist to Ordinary Flat Noodles!



Winter Fresh

continued from page 204



To section an orange, first remove the peel and white membrane from the whole fruit. Use a sharp paring knife to cut the fruit section away from the membrane on each side.

In the same saucepan melt margarine or butter. Stir in cornstarch and five spice powder or dillweed. Stir in reserved orange peel, orange juice, and mustard. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Transfer brussels sprouts and fruit to serving bowl. Top with sauce; toss to serve. Makes 3½ cups (5 to 6 side-dish servings).

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ROASTED POTAT
AND GARLIC SOU

Leave the skins on two pota
they'll look pretty in the s

- 4 medium red potatoes
- 1 large onion, coarsely cl
- 2 tsp. snipped fresh rose
- 1 tsp. dried rosemary, c
- 1 bulb garlic
- 1 Tbsp. olive oil
- 1 14½-oz. can chicken b
- 1 Tbsp. all-purpose flou
- ¼ tsp. pepper
- 1 cup half-and-half or lig cream
- 1 recipe Homemade Cr (see recipe, at right) (o

Fresh rosemary sprigs (op

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Include your name, address, telephone number, and any other information you care to share about your love of cooking and what *Better Homes and Gardens* recipes have meant to you.

intact, but exposing the cloves. Place the garlic bulb, cut side up, on top of the potatoes. Drizzle olive oil over all. Bake, covered, in a 400° oven about 50 minutes or till garlic cloves feel soft and potatoes are tender. Cool slightly.

Squeeze the garlic bulb to remove the paste from the cloves. In a blender container or food processor bowl, combine the garlic paste, *peeled* potatoes, about half the onion, half of the chicken broth, all of the flour, and pepper. Cover and blend till nearly smooth.

Pour the pureed mixture into a medium saucepan. Stir in the unpeeled cooked potato, remaining onion and broth, and half-and-half. Cook and stir over medium heat till slightly thickened and bubbly. Cook and stir for 1 minute more. If necessary, stir in additional half-and-half to make the soup the desired consistency. To serve, ladle into soup bowls. If desired, top each serving with Homemade Croutons and a sprig of rosemary. Makes 5 cups (4 side-dish servings).

Nutrition facts per serving: 285 cal., 11 g total fat (5 g sat. fat), 23 mg chol., 361 mg sodium, 40 g carbo., 3 g fiber, 8 g pro. Daily Values: 7% vit. A, 26% vit. C, 8% calcium, 7% iron.

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Winter Fresh

continued from page 206

TANGERINE-VANILLA CURD

Slather this buttery and zesty curd onto scones, biscuits, toasted English muffins, or sourdough toast. Or, use it as filling in tart shells or layer cakes. Plan to make the Vanilla Sugar about a week beforehand so the vanilla bean has a chance to flavor the sugar.

- ¼ cup Vanilla Sugar
- 1 Tbsp. cornstarch
- 1½ tsp. *each* finely shredded tangerine peel and lemon peel
- ½ cup tangerine juice
- 1 Tbsp. lemon juice
- 3 beaten egg yolks
- 2 Tbsp. margarine or butter, cut up

In a small saucepan stir together the Vanilla Sugar and cornstarch. Stir in tangerine juice and lemon juice. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Stir about *half* of the hot mixture into egg yolks. Return all to saucepan. Cook and stir just till mixture begins to bubble. Remove from heat; stir in tangerine and lemon peels and margarine or butter just till melted (do not overbeat). Cover surface with plastic wrap. Cool, then chill for up to 2 weeks. Makes about ⅞ cup.

Vanilla Sugar: Split a vanilla bean lengthwise. Store in 1 to 2 cups sugar in a covered container about 1 week. Before using the sugar, discard bean. Use remaining Vanilla Sugar in custards, breads, or in Vanilla Biscuits (see recipe at right).

Nutrition facts per tablespoon curd: 48 cal., 3 g total fat (1 g sat. fat), 46 mg chol., 21 mg sodium, 5 g carbo., 0 g fiber, 1 g pro. Daily Values: 9% vit. A, 6% vit. C, 1% iron.

VANILLA BISCUITS

Warm and tender, these delicate biscuits are a delicious choice for breakfast or brunch. We think they taste best when made with real butter.

- 1¾ cups all-purpose flour
- ⅓ cup Vanilla Sugar (see recipe, left)
- 2 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- ⅓ cup butter
- 1 egg
- ⅓ cup dairy sour cream
- ½ cup milk
- Powdered sugar

In a medium mixing bowl stir together flour, Vanilla Sugar, baking powder, baking soda, and salt. Using a pastry blender or two table knives, cut in the butter till the mixture resembles coarse crumbs. Make a well in the center.

In a small mixing bowl beat egg lightly; stir in sour cream till smooth. Stir in milk. Add egg mixture all at once to the flour mixture. Using a fork, stir just till moistened. Drop dough from a slightly rounded tablespoon onto a lightly greased baking sheet. Bake in a 375° oven for 12 to 15 minutes or till golden. Cool on the baking sheet for 5 minutes, then transfer to a wire rack. Sift powdered sugar over tops. Serve warm. Makes about 12.

Nutrition facts per biscuit: 154 cal., 7 g total fat (4 g sat. fat), 35 mg chol., 197 mg sodium, 20 g carbo., 0 g fiber, 3 g pro. Daily Values: 7% vit. A, 0% vit. C, 6% calcium, 6% iron.

WARM WINTER SALAD

Serve this easy wilted salad as a companion to broiled fish or chicken. Keep your cooked entrée warm while you quickly toss together this fanciful medley.

- 2 cups torn romaine
- 2 cups coarsely shredded radicchio and/or Belgian endive
- 2 cups torn escarole
- 1 medium onion, thinly sliced and separated into rings
- 1 Tbsp. sugar
- 3 Tbsp. olive oil or salad oil
- 2 Tbsp. pine nuts or slivered almonds
- 2 cloves garlic, minced
- ¼ tsp. dried tarragon, crushed
- Toasted baguette slices (optional)
- Freshly ground black pepper
- Lemon wedges

In a large bowl toss together the romaine, radicchio, and escarole; set aside. In a 10-inch skillet cook and stir onion and sugar in hot oil for 5 minutes or till onion is tender and golden. Add pine nuts or almonds; cook and stir for 1 to 2 minutes more or till nuts are toasted.



Mix three or four sturdy salad greens for a wilted salad: ruby radicchio, cone-shaped Belgian endive, curly-leafed escarole (in colander), and long, large romaine leaves.

Add greens, garlic, and tarragon to skillet. Toss for 30 to 60 seconds or till just wilted (do not overcook). Serve immediately over baguette slices, if desired; sprinkle with pepper. Pass lemon to squeeze over each serving. Makes 4 side-dish servings.

continued on page 212

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Great tasting baked chicken starts with Progresso® Bread Crumbs. Progresso's enticing blend of herbs and seasonings makes a simple, delicious dish that your family will love from start to finish.



Winter Fresh

continued from page 211

Nutrition facts per serving: 151 cal., 13 g total fat (2 g sat. fat), 0 mg chol., 13 mg sodium, 9 g carbo., 1 g fiber, 3 g pro. Daily Values: 12% vit. A, 19% vit. C, 3% calcium, 7% iron.

CHAYOTE AND POTATO AU GRATIN

To fix ahead, prepare the filling and spoon it into the chayote halves; cover and refrigerate for up to 4 hours. Simply add a few extra minutes to the baking time to heat through.

- 2 medium chayotes
- 2 medium red potatoes, chopped (about 2 cups)
- 2 Tbsp. margarine or butter
- 4 tsp. all-purpose flour
- ¼ tsp. salt
- ⅛ tsp. ground nutmeg
- 1 cup milk
- 1 Tbsp. chopped pimiento
- ¾ cup soft bread crumbs (1 slice)
- ¼ cup finely shredded or grated Parmesan cheese
- 1 Tbsp. margarine or butter, melted

In a large saucepan cook whole chayotes, covered, in enough boiling

TANGERINE-VANILLA CURD

Slather this buttery and zesty curd onto scones, biscuits, toasted English muffins, or sourdough toast. Or, use it as filling in tart shells or layer cakes. Plan to make the Vanilla Sugar about a week beforehand so the vanilla bean has a chance to flavor the sugar.

- ¼ cup Vanilla Sugar
- 1 Tbsp. cornstarch
- 1½ tsp. *each* finely shredded tangerine peel and lemon peel
- ½ cup tangerine juice
- 1 Tbsp. lemon juice
- 3 beaten egg yolks
- 2 Tbsp. margarine or butter, cut up

In a small saucepan stir together the Vanilla Sugar and cornstarch.



After cooking the whole chayotes till tender, halve them lengthwise. Use a spoon to remove the seeds and the pulp to within ½ inch of skin.

square baking dish. Spoon potato mixture into halves. In a small bowl toss together the bread crumbs, Parmesan cheese, and the 1 tablespoon melted margarine. Sprinkle atop the chayote halves (can be refrigerated at this point). Bake in a 350° oven, uncovered, for 25 minutes or till light brown and heated through. Makes 4 side-dish servings.

Nutrition facts per serving: 268 cal., 12 g total fat (2 g sat. fat), 9 mg chol., 396 mg sodium, 34 g carbo., 3 g fiber, and 8 g pro. Daily Values: 65% vit. A, 39% vit. C, 15% calcium, and 14% iron.

BEAN SOUP WITH RUTABAGA AND BOK CHOY

For a speedier version, you can skip the dry beans and their soaking. Instead, use two rinsed and drained cans of great northern beans.

- 1 cup dry navy beans
- 4 cups water
- 4 cups chicken broth
- 1 medium onion, chopped (½ cup)
- 2 clove garlic, minced
- 1 tsp. dried sage, crushed
- ½ tsp. pepper
- 2 rutabaga, peeled and cubed (about 1½ cups)
- 1 14½-oz. can tomatoes, cut up
- 4 cups thinly sliced bok choy

Nu

48 ca nse beans. In a 3-quart mg c epan combine beans and the 4 0 g fi water. Bring to boiling; reduce vit. A, Simmer for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or, soak beans in wate overnight.) Drain and rinse beans.

In the same pan combine drainec beans, chicken broth, onion, garlic sage, and pepper. Bring to boiling reduce heat. Cover and simmer fo 40 minutes. Add rutabaga. Return t boiling; reduce heat. Cover and simmer for 20 to 25 minutes or till beans are tender. Slightly mash beans.

Stir in *undrained* tomatoes and bok choy. Cook for 4 to 5 minutes or till bok choy is crisp-tender. Makes 8 cups (4 main-dish servings).

Nutrition facts per serving: 255 cal., 2 g total fat (1 g sat. fat), 1 mg chol., 960 mg sodium, 42 g carbo., 3 g fiber, and 17 g pro. Daily Values: 10% vit. A, 77% vit. C, 13% calcium, and 30% iron.

Vegetable notes: You can use both the stalks and the green leaves of bok choy in this soup. To prepare, trim the base and pull the stalks apart. Slice the stalks, then slice or shred the leaves.

PORK WITH PEAR, FENNEL, AND CABBAGE

Homestyle cooking needn't take a lot of time and effort. You can fix and serve this savory combination in about 30 minutes.

- 2 fennel bulbs
- 4 boneless pork loin chops, cut 1½ inches thick (America's Cut)
- 1 small onion, sliced
- 1 Tbsp. olive oil
- ½ small head cabbage, coarsely chopped (2½ cups)
- ½ cup pear nectar or apple juice
- ¼ cup balsamic vinegar
- ½ tsp. caraway seed
- ½ tsp. dried thyme, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- ⅛ tsp. ground nutmeg

Pear nectar

- 1 Tbsp. cornstarch
- 2 Tbsp. cold water
- 1 large pear, cored and sliced

continued on page 214

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To trim fresh fennel, cut off and discard the upper stalks, which tend to be tough and fibrous. Remove the feathery leaves and reserve for garnishing. Trim bottom. If necessary, remove outer layer of bulb, which can also be tough. Cut bulb into wedges.

Winter Fresh

continued from page 212

Trim fennel; cut into thin wedges (see photo, above). Season pork with salt and pepper. In a 10-inch skillet brown the chops with the onion in hot oil, about 4 minutes per side. Drain off fat.

Arrange the fennel and cabbage on top of meat. In a small bowl stir together the ½ cup nectar, vinegar, caraway seed, thyme, salt, pepper, and nutmeg; pour into skillet. Cover and simmer for 12 to 15 minutes or till tender.

Using a slotted spoon, transfer the pork and vegetables to a serving platter; cover with foil to keep warm.

For sauce, measure the pan juices. If necessary add enough additional pear nectar to pan juices to make 1¼ cups total; return to skillet. Blend together the cornstarch and water; stir into skillet juices. Cook and stir over medium heat till thickened and bubbly. Stir in pear; heat through. Spoon sauce over meat and vegetables. Makes 4 main-dish servings.

Nutrition facts per serving: 334 cal., 15 g total fat (4 g sat. fat), 77 mg chol., 229 mg sodium, 25 g carbo., 2 g fiber, and 26 g pro. Daily Values: 1% vit. A, 62% vit. C, 5% calcium, and 14% iron.

MIXED CITRUS SALAD

The mild bitterness of the endive and escarole is balanced with the sweetness of the fruit and the mustard dressing.

- 1 pink or red grapefruit
- 1 blood or navel orange
- ¼ cup salad oil
- ½ tsp. finely shredded lemon peel
- 2 Tbsp. lemon juice
- 1 tsp. sugar
- 2 tsp. Dijon-style mustard
- ¼ tsp. pepper
- 2 cups thinly sliced Belgian endive
- 2 cups torn escarole
- ½ small jicama, peeled and cut into matchsticks (about 1 cup)

Peel and section grapefruit and orange over a bowl, reserving any juices (see photo, page 206). Cover and set aside, or chill till needed.

In a screw-top jar combine the grapefruit and orange juices, oil,

mon peel, lemon juice, sugar, mustard, and pepper. Cover; shake well. On individual salad plates, place elgian endive and escarole; arrange rapefruit, orange, and jicama atop reens. Drizzle the dressing over ach serving. Serve immediately. lakes 4 to 6 side-dish servings.

Nutrition facts per serving: 191 cal., 4 g total fat (2 g sat. fat), 0 mg chol., 0 mg sodium, 17 g carbo., 2 g fiber, g pro. Daily Values: 7% vit. A, 90% it. C, 2% calcium, 4% iron.

Vegetable note: To prepare Belgian ndive, pull apart the leaves to reveal he core; using a knife, remove this itter core. Thinly slice the cone-haped bunch of leaves crosswise. Prepare escarole as you would any ead of lettuce.

PASTA WITH FENNEL

A vegetarian dinner that's ready in under 30 minutes.

- 8 oz. pasta such as penne, rigatoni, or mostaccioli
- 2 medium fennel bulbs
- 3 cloves garlic, minced
- ½ tsp. crushed red pepper
- 2 Tbsp. olive oil or cooking oil
- 2 Tbsp. margarine or butter
- 1 cup red and/or green sweet pepper strips
- 1 15-oz. can great northern beans, drained and rinsed
- ¼ tsp. dried thyme, crushed
- Cracked black pepper
- ¼ cup shaved or shredded Parmesan cheese

In a 4-quart Dutch oven or large saucepan cook pasta in boiling water according to package directions. Drain pasta. Return to the same pan; cover and keep warm.

Meanwhile, trim fennel, reserving feathery leaves for garnish, if desired. Cut fennel bulbs crosswise into thin strips (see photo, opposite page).

In a medium skillet cook garlic and crushed red pepper in olive oil and margarine or butter for 30 seconds. Add fennel to skillet; cook and stir for 5 minutes. Add sweet pepper strips; cook 3 minutes more. Add beans and thyme; cook 2 minutes to heat through. Add fennel mixture to pasta; toss gently. Season to taste with pepper. Serve with Parmesan cheese. Makes 4 main-dish servings.

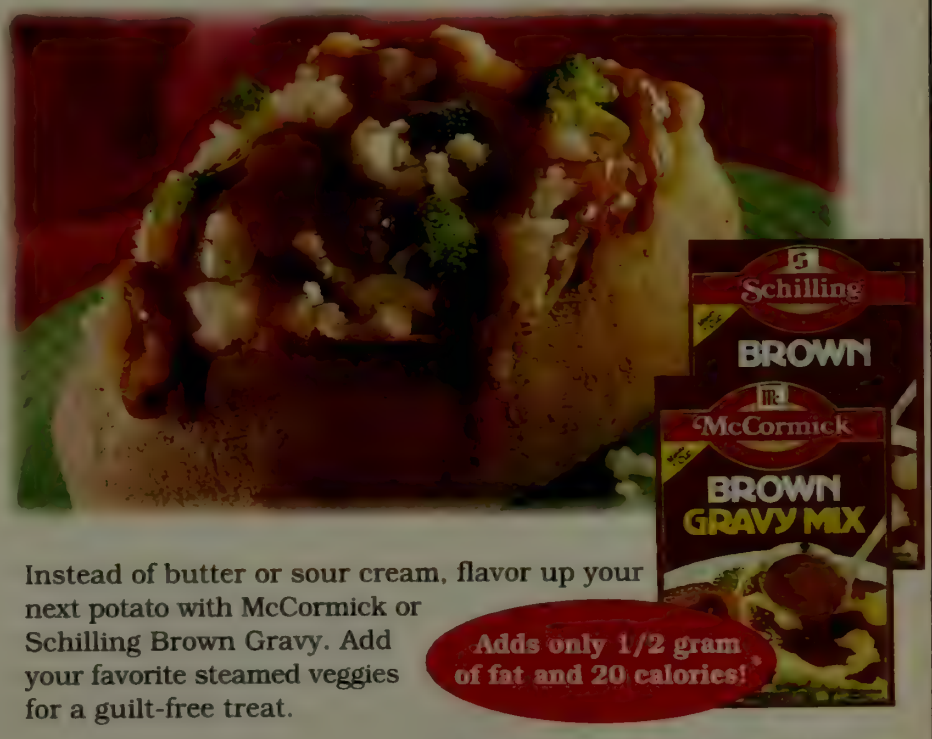
Nutrition facts per serving: 512 cal., 16 g total fat (2 g sat. fat), 5 mg chol., 179 mg sodium, 74 g carbo., 1 g fiber, 20 g pro. Daily Values: 27% vit. A, 81% vit. C, 28% iron.

WINTER APPLE VARIETIES

You'll find the following apples in markets during the winter months. Choose the variety that is best suited for your recipe.

VARIETY	FLAVOR	USES
Cortland	slightly tart	eating, baking
Empire	mildly tart	eating, salads
Golden Delicious	tangy, sweet	all-purpose
Granny Smith	tart	all-purpose
McIntosh	tart	eating, salads, sauce
Red Delicious	rich, sweet	eating, salads
Rome Beauty	slightly tart	baking, cooking
Stayman	rich, mildly tart	eating, cooking
Winesap	tangy, winelike	all-purpose
York Imperial	slightly tart	baking, cooking

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nutrition information

HOW TO MAKE IT WORK FOR YOU

NUTRITION FACTS WITH EVERY RECIPE

With each recipe, we give important nutrition facts. You'll find the calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein. You can also check the levels of vitamins A and C, calcium, and iron in each recipe serving. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration.

HOW WE ANALYZE

- The analysis does not include optional ingredients.
- We use the first serving size listed when a range is given (such as "makes 4 to 6 servings").
- When ingredient choices appear in a recipe (such as "margarine or butter"), we use the first one mentioned for analysis.
- When milk is an ingredient in a recipe, the analysis is calculated using two-percent milk.

BETTER HOMES AND GARDENS® TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive to eat each day. There's no real harm in going over or under these guidelines in any single day, but it's a good idea to aim for a balanced diet over time.

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

the clever cook

Each month in this column, you'll find tips from other good cooks. See "Be A Clever Cook," *below*, to see how you can earn money for sharing cooking secrets.

FROM MOM WITH LOVE

When each of my daughters married, I copied our favorite family recipes into an index card file as a gift. Now they make their favorites without calling home and take the cards with them when they shop.

Lora Bapple,
Wheatfield, Ind.

FREEZE-AHEAD LUNCHES

On weekends, or when I have time, I prepare sandwiches for weekday lunches. I make everyone's favorites, then wrap, label, and freeze each individually, leaving out any ingredients that do not freeze well (lettuce, tomatoes, cucumber, etc.). Monday through Friday, each person picks out a choice for the day, knowing it'll be thawed by noon. I love it because there's only one mess to clean, and making lunch does not become a daily chore.

Patty Webber,
Exeter, Ontario, Canada

BE A CLEVER COOK

The food editors of *Better Homes and Gardens®* magazine invite you to send in your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

SAVE AND GRATE CITRUS

Why throw away squeezed lemons, oranges, or limes, when you can still use the peel? After squeezing out the juice, I store the halved rinds in a storage container in the freezer. When one of my recipes calls for finely shredded peel, I simply grate the frozen rind. That way, I get the fresh citrus flavor without having to keep the fresh fruits on hand. Using both the juice and peel saves money and cuts down on unnecessary waste.

Carol White,
Minneapolis, Minn.

STORING BAMBOO SHOOTS AND WATER CHESTNUTS

If you use only part of a can of bamboo shoots or water chestnuts, save the rest for another day. Place the water chestnuts or bamboo shoots in a storage container. Add cold water; then place in the refrigerator. Change the water every few days and the vegetables will keep for up to two weeks. Next time you stir-fry, just drain and add them at the end of cooking to heat through.

Effie M. Rainey,
Maitland, Fla.

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How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest to fit either of the two special recipe categories. Then, seven months later, we'll feature the four winning recipes on the Prize Tested Recipes pages, along with the winners' names.

THIS MONTH'S WINNERS—
pages 223 and 224
All winners received an All-Clad 6-Quart Stainless-Steel Stockpot.

$200 Winners:
Lisa Keys, Middlebury, Conn.;
Laurie Wethington, Farmington Hills, Mich.

$100 Winners:
Beth Labant, Elk Grove Village, Ill.;
Dawn K. Murphy, Hercules, Calif.

Honor Roll:
Ann Bourque, Almont, Mich;
Linda Davis, Salem, Ore.;
Donna Fortin, Glen Ellyn, Ill.;
Nancy Menard, York, Penn.;
Connie Moore, Medway, Ohio;
Xan Pilgrim, Superior, Colo.

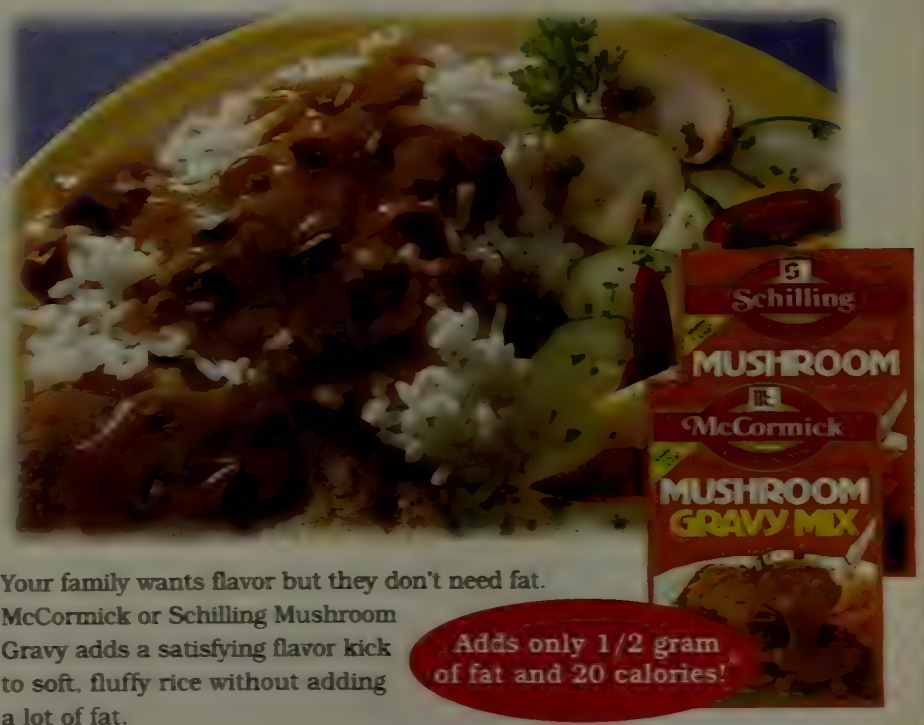
HINTS FOR THIS MONTH'S CATEGORIES

Apple Ideas: An apple a day means there are a lot of ways to serve this juicy fall fruit. Send us your favorite pies, crisps, dumplings, soups, sauces, stuffings, salads, or other recipes using apples.

Easy Casseroles: One-dish wonders you can fix and forget are blue-ribbon timesavers. With vegetables, rice, pasta, or meat, see what winning combo you can pull from the oven to wow our judges.

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name, address, and recipe marked "October Apple Ideas" or "October Easy Casseroles." Specify brands and recipe origin. 3. Address recipes to 9610 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Entries must be received by March 31, 1996. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign an affidavit and release. The annual grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and will be notified by mail. 6. Entries must be original and never before published. They will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law.

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by Carla Waldemar

Why Irish Eyes Are Smiling



They may not throw ticker-tape parades in Ireland on St. Patrick's Day, nor drink green beer. Those are American renditions of the holiday. But, chances are, an Irish gent or lady won't say no to a wee bit of homemade ice cream laced with some of their favorite flavors.

To salute the day in style, start with the traditional corned beef and cabbage, followed by this simply elegant dessert. To assure good luck, serve the ice cream with shamrock-shaped sugar cookies. Dust them with colored sugar if you're into the sprinkling o' the green.

IRISH COFFEE ICE CREAM

Inspiration for this indulgence came from the popular beverage that marries coffee, Irish whiskey, and cream. Irish whiskey is less pungent than Scotch whisky and sweeter and cleaner in taste than American bourbon whiskey. Omit the whiskey if you wish, or use Irish Mist, a liqueur made of whiskey and honey, for a slightly sweeter note.

- 1 cup sugar
- 1 envelope unflavored gelatin
- 4 cups half-and-half or light cream
- 3 beaten eggs
- ¼ cup instant coffee crystals
- ¼ cup whiskey or Irish Mist liqueur

In a large saucepan combine sugar and gelatin. Stir in half-and-half or light cream. Cook and stir over medium heat till mixture almost boils and sugar dissolves. Remove from heat. Stir about 1 cup of the hot mixture into beaten eggs; return all to saucepan. Cook and stir for 2 minutes or till slightly thickened. Do not boil. Stir in instant coffee crystals and whiskey or liqueur. Cool. Transfer the mixture to a 4-quart ice-cream maker and freeze according to the manufacturer's directions.

Or, transfer the mixture to a 9x9x2-inch baking pan. Cover and freeze 2 to 3 hours or till almost firm. Break frozen mixture into chunks. Transfer to a chilled bowl. Beat with an electric mixer till smooth but not melted. Return to pan. Cover; freeze till firm. Makes about 1½ quarts (12 to 16 servings).

Nutrition facts per ½ cup serving: 205 cal., 11 g total fat (6 g sat. fat), 83 mg chol., 50 mg sodium, 21 g carbo., 0 g fiber, and 5 g pro. Daily Values: 12% vit. A, 1% vit. C, 7% calcium, and 2% iron.

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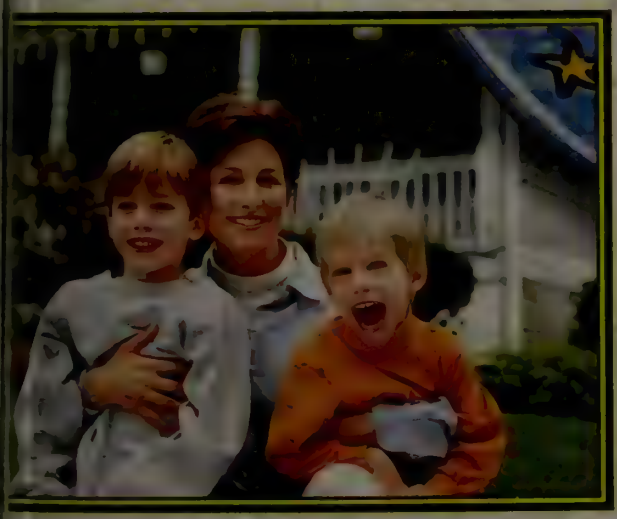
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PRIZE TESTED RECIPES®

see page 219 for details

$200 WINNER

Lisa Keys, Middlebury, Conn., in the Mushroom Ideas category.

March 1996



Portobello Mushroom Fajitas

Portobello mushrooms, the meaty ones, replace beef in this twist on the classic fajita.

- 3 Tbsp. water
- 3 Tbsp. lime juice
- 1 Tbsp. olive oil or cooking oil
- 2 large cloves garlic, minced
- ½ tsp. ground cumin
- ¼ tsp. dried oregano, crushed
- 10 oz. portobello mushrooms, thinly sliced
- 1 medium red, green, or yellow sweet pepper, cut into thin strips
- 4 green onions, cut into 1½-inch pieces
- 6 7-inch flour tortillas
- Lime wedges (optional)

For marinade, in a large plastic bag combine water, lime juice, oil, garlic, cumin, and oregano. Add mushrooms, pepper strips, and green onions; turn bag to coat. Marinate at room temperature for 15 to 30 minutes.

Meanwhile, wrap tortillas in foil. Heat in a 350° oven for 10 minutes to soften.

For filling, in a large nonstick skillet cook undrained vegetables over medium-high heat about 5 minutes or till peppers are tender and most of the liquid has evaporated, stirring occasionally.

To serve, spoon mushroom filling onto tortillas; roll up. If desired, serve with lime wedges. Makes 6 side-dish servings.

Nutrition facts per tortilla: 156 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 169 mg sodium, 24 g carbo., 1 g fiber, and 4 g pro. Daily Values: 2% vit. A, 24% vit. C, 4% calcium, and 15% iron.

Photographs: Scott Little

Recipe information, page 246

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PRIZE TESTED RECIPES®

see page 219 for details

$200 WINNER

Laurie Wethington, Farmington Hills, Mich., in the Breakfast and Brunch category.

March 1996



Herbed Ham and Vegetable Quiche

Refrigerated biscuits make a tender, easy crust for this colorful brunch winner.

- 2 cups thinly sliced zucchini and/or yellow summer squash
- 1 cup chopped onion
- ½ cup sliced fresh mushrooms
- ½ cup chopped red sweet pepper
- 1 Tbsp. margarine or butter
- ¼ cup snipped fresh parsley or 1 Tbsp. dried parsley
- 2 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- ¼ tsp. garlic powder
- 1 tsp. snipped fresh oregano or 1¼ tsp. dried oregano, crushed
- ⅛ tsp. pepper
- 2 beaten eggs
- 1 cup diced fully cooked ham
- 1 cup shredded mozzarella cheese
- ½ cup shredded fontina cheese (2 oz.)
- 1 17.3-oz. pkg. (8) refrigerated biscuits

For filling, in a large skillet cook zucchini and/or squash, onion, mushrooms, and sweet pepper in hot margarine or butter about 6 minutes or just till tender, stirring occasionally. Remove from heat. Stir in parsley, basil, garlic powder, oregano, and pepper. Stir in eggs, ham, mozzarella, and fontina cheese. Set aside.

For crust, in a greased 10-inch quiche dish arrange 7 slightly flattened biscuits around the edge of the dish, allowing dough to extend over sides. Place remaining biscuit in bottom of dish. Pinch edges together to seal. Flatten slightly to form a crust.

Spread filling evenly in the crust. Bake in a 375° oven about 25 minutes or till a knife inserted near the center comes out clean, covering the edge with foil the last 5 to 10 minutes to prevent overbrowning. Let stand for 10 minutes. If desired, garnish with additional fresh basil. Makes 6 main-dish servings.

Nutrition facts per serving: 438 cal., 23 g total fat (8 g sat. fat), 105 mg chol., 1,290 mg

PRIZE TESTED RECIPES®

$100 WINNER

Dawn K. Murphy, Hercules, Calif., in the Breakfast and Brunch category.
March 1996



Baked Italian Omelet

Don't flip out over fussy omelets. This fix-and-forget egg dish bakes while you mingle.

- 8 beaten eggs
- 1 cup ricotta cheese
- ½ cup milk
- ½ tsp. dried basil, crushed
- ¼ tsp. salt
- ¼ tsp. fennel seed, crushed
- ¼ tsp. pepper
- 1 10-oz. pkg. frozen chopped spinach, thawed and well drained
- 1 cup chopped tomatoes
- 1 cup shredded mozzarella cheese (4 oz.)
- ½ cup thinly sliced green onion
- ½ cup diced salami

In a large mixing bowl combine eggs and ricotta cheese; beat just till combined. Stir in milk, basil, salt, fennel, and pepper. Fold in spinach, tomatoes, mozzarella, green onion, and salami. Spread evenly in a greased 3-quart rectangular baking dish.

Bake in a 325° oven for 30 to 35 minutes or till a knife inserted near center comes out clean. Let stand for 10 minutes. Makes 6 to 8 main-dish servings.

Nutrition facts per serving: 281 cal., 18 g total fat (8 g sat. fat), 318 mg chol., 620 mg sodium, 8 g carbo., 1 g fiber, and 22 g pro. Daily Values: 51% vit. A, 21% vit. C, 28% calcium, and 14% iron.



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$100 WINNER

Beth Labant, Elk Grove Village, Ill., in the Mushroom Ideas category.
March 1996



Mushroom Croustades

No dough to roll here. Shape sliced bread into crisp crusts for these rich appetizers.

- 24 slices firm-textured white bread
- 3 Tbsp. chopped shallots or onions
- ¼ cup margarine or butter
- 8 oz. fresh mushrooms, finely chopped
- 2 Tbsp. all-purpose flour
- 1 cup whipping cream
- 2 Tbsp. snipped chives
- 1 Tbsp. snipped parsley
- ½ tsp. lemon juice
- ¼ tsp. salt
- ⅛ tsp. ground red pepper
- Dash ground black pepper
- 2 Tbsp. grated Parmesan cheese
- Dairy sour cream (optional)
- Snipped chives (optional)

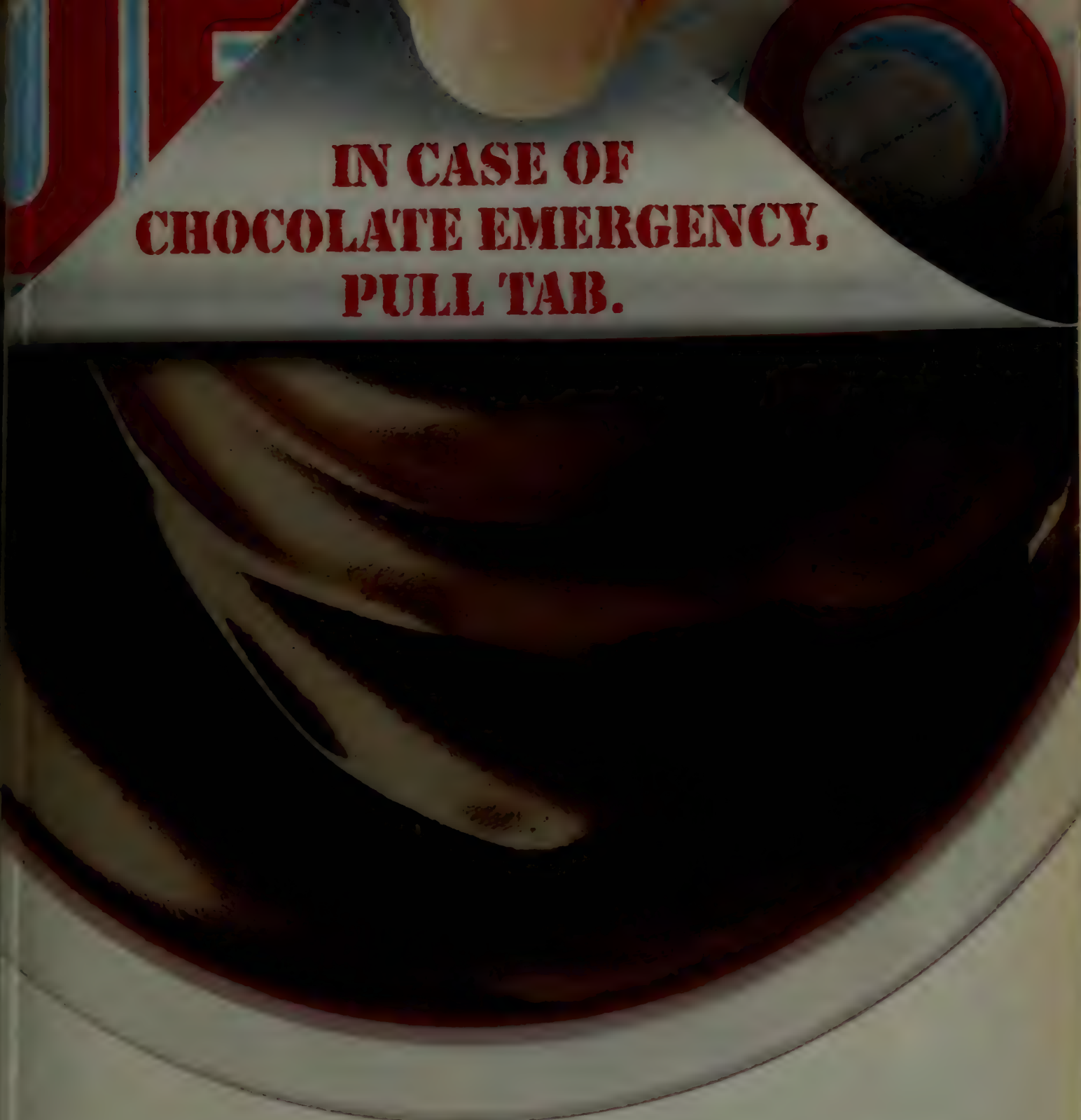
Cut a 2½-inch round from each slice of bread. Carefully press each round into a lightly greased muffin cup. Bake in a 400° oven for 10 minutes or till golden.*

Meanwhile, for filling, in a medium saucepan cook shallots or onions in hot margarine or butter for 4 minutes. Stir in mushrooms; cook, uncovered, about 15 minutes or till most of the liquid has evaporated. Stir in flour. Add whipping cream all at once. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Remove from heat. Stir in chives, parsley, lemon juice, salt, red pepper, and black pepper.

Place bread cups in a shallow baking pan; spoon filling into shells. Sprinkle with Parmesan cheese. Bake, uncovered, in 350° oven for 15 minutes. If desired, top with sour cream and chives. Makes 24 appetizers.

**Note:* The baked bread cups may be cooled, wrapped, and frozen till needed. You can use the bread scraps to make soft bread crumbs for toppings and stuffings.

Nutrition facts per appetizer: 93 cal., 6 g total fat (3 g sat. fat), 14 mg chol., 126 mg



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PHOTOGRAPHS: ANDY LYONS

Gooey Stuff

Face it, life's messy. Why not make the most of it? The ideas in this month's BH&G Kids™ are guaranteed to smudge, smear, glob, and goo. No wonder they're so much fun.

by Barbara Hall Palar

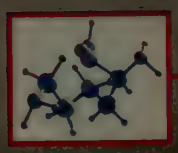
continued on page 228

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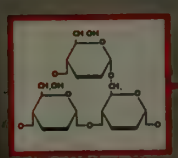
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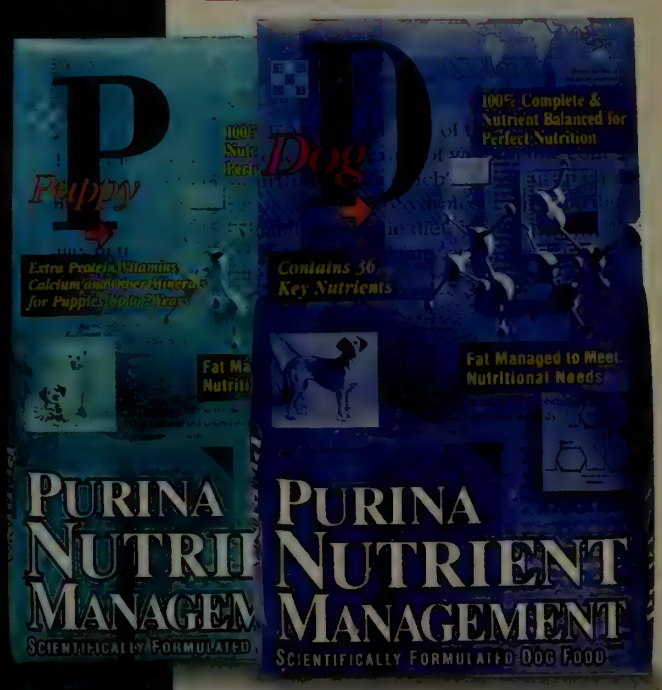


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BH&G kids™

continued from page 226

Glob

(pictured on previous page)

4 oz. white school glue
1 cup water
Liquid food coloring
1 teaspoon Borax

Pour the glue and ½ cup water into a bowl. Mix. Add a few drops food coloring. Put remaining ½ cup water into another bowl. Add 1 teaspoon Borax and mix well. Pour the two mixtures together and stir. You should have a thick mass in a liquid. When the glob has formed into one chunk, pour off the remaining liquid. The mixture thickens when you knead, stretch, and play with it. CAUTION: DO NOT EAT. AVOID CARPET AND FURNITURE.

Pudding paints

Mom always says, "don't eat paint." But this stuff is meant to be licked right off your fingers. Prepare chocolate instant pudding according to package directions. Place a piece of paper over newspapers. Dip your fingers into the pudding and make a picture on your paper. Then lick your fingers clean. (Be sure to wash hands before painting.) ***The ideas on this page are from Kid's Squish Book. See page 234 to order.***



continued on page 230



For no cavities, start your spring cleaning here.

If no cavities is the goal at your next checkup, it's possible with Colgate Cavity Protection and proper oral care.* Because Colgate with fluoride penetrates teeth to help stop cavities. So make it a clean sweep.

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continued from page 228



Peanut butter play dough

Here's a play dough recipe you can eat!

In a medium bowl combine 2 cups of peanut butter, 2 cups powdered milk, and 3 tablespoons honey. If too sticky, add more powdered milk, one tablespoon at a time. If desired, add chopped nuts or raisins. Be sure to wash your hands before playing with the dough.



No-cook dough

You can't eat this one, but it's just as much fun.

In a large bowl combine 2 teaspooons cooking oil, 1 cup salt and 1¼ cup water. Gradually add 2 tablespoons cornstarch and 3 cups all-purpose flour. Knead until smooth. Divide dough into parts and add food coloring. Add small amounts of water if dough is dry, or flour if dough is sticky.

continued on page 232

He's never gone on a sleepover before because he wets the bed.

(But tonight, with GoodNites,® that will change.)



For years, he not only had to stay home while his friends enjoyed sleepovers, he could never tell anyone the real reason.

But all that is about to change. Because tonight he has Pull-Ups® GoodNites® disposable absorbent underpants, the first ever for larger children. GoodNites come in two sizes designed to fit kids 45 to 85+ pounds. They're plain white, like regular underpants, and thin enough to disappear under pajamas. That way no one knows they're on.

Yet GoodNites are so absorbent – even more absorbent than before – they'll take care of any nighttime accident. So your child will wake up to clean, dry sheets; which means your child can enjoy sleepovers and vacations without worry.

It is estimated that some 3 million children—10 percent of all children ages 5 to 10—wet the bed more than once a week. The causes vary, so it's important that you visit your pediatrician. You could be in for some good news. But one thing is absolutely certain. Your child *will* outgrow bed-wetting.

In the meantime, use GoodNites®.



GoodNites® mean Good Mornings™

BH&G kids

continued from page 230

Homemade finger paint

In a large saucepan combine 1 cup all-purpose flour and 1 cup cold water. Stir till smooth. Add 3 cups additional cold water. Cook and stir over medium heat till mixture thickens and bubbles. Reduce heat. Cook and stir 1 minute more. Remove from heat and pour into three heat-proof bowls. Use food coloring to tint desired colors. Cover with plastic wrap, and let stand at room temperature till cool. Spoon paint on paper; paint!



continued on page 234



Which meal will it be tonight?

Hunt's
MANWICH

That's Which.

©1995 Hunt Wesson

YOU WANT YOUR CHILD TO BE ACTIVE, TOLERANT, SMART, LOVED, EMOTIONALLY STABLE, SELF-AWARE, ARTISTIC, AND GET A 2-HOUR NAP.

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Most importantly, she'll learn

Developing the whole child takes the whole day. Here's an exam

Preschool, 7:45-Noon: Mom drops Kelly o where her day is filled with circle time, tab activities, Discovery Area, snack time, a u outside, stories, and lunch.

12:45-5:45: Kelly starts the afternoon wi nap time, then a snack, play on the Playsc a puppet show, two stories in circle time, and Discovery Area, before mom picks Kell

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continued on page B2

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22	36	50	64	78	92	106
23	37	51	65	79	93	107
24	38	52	66	80	94	108
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continued on page B2

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3	15	27	39	51	63	75	87	99	111
4	16	28	40	52	64	76	88	100	112
5	17	29	41	53	65	77	89	101	
6	18	30	42	54	66	78	90	102	
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Imagine visiting a place so beautiful that the views are measured in gasps. A place where neighbors live in the next county. Now imagine yourself in a place like Idaho.

Idaho's casual living and easy style, make it a perfect destination for an unhurried, laid-back vacation. The North has endless miles of velvet green forests with Southern Idaho revealing sweeping landscapes reminiscent of a Remington art piece.

The backbone to the state is the Rocky Mountain ranges, which are as wild as their names suggest: the Sawtooths, the White Clouds, the Seven Devils, and the Bitterroots. In fact, you can't stand on Idaho soil and not see a mountain. Idaho also has more than 2,000 lakes, 239,000 acres of reservoirs, 16,000 miles of streams, and over 39 species of game fish.

The Idaho mountains and plains intertwine, but the mighty rivers dominate. The Lochsa and Selway rivers crash out of the Bitterroot Mountains and join to form the Clearwater. The Snake River slithers up the state's western border. Along its way, it winds through the deepest gorge in North America, Hells Canyon.

About 40 miles upriver from Lewiston, Idaho, the legendary Salmon River quietly joins the Snake. The "River of No Return" and one of its major tributaries, the Middle Fork, are two of the most famous whitewater rivers in the world. Every year, thousands of people have the vacation of a lifetime riding their rapids.

In the Coeur d'Alene area, you will find some of the most stimulating golf in the west. Tree-lined fairways open up to gorgeous vistas of the big lakes. There's even a floating green. Or, spend a relaxing day sailing, fishing, swimming or windsurfing on Lake Coeur d'Alene.

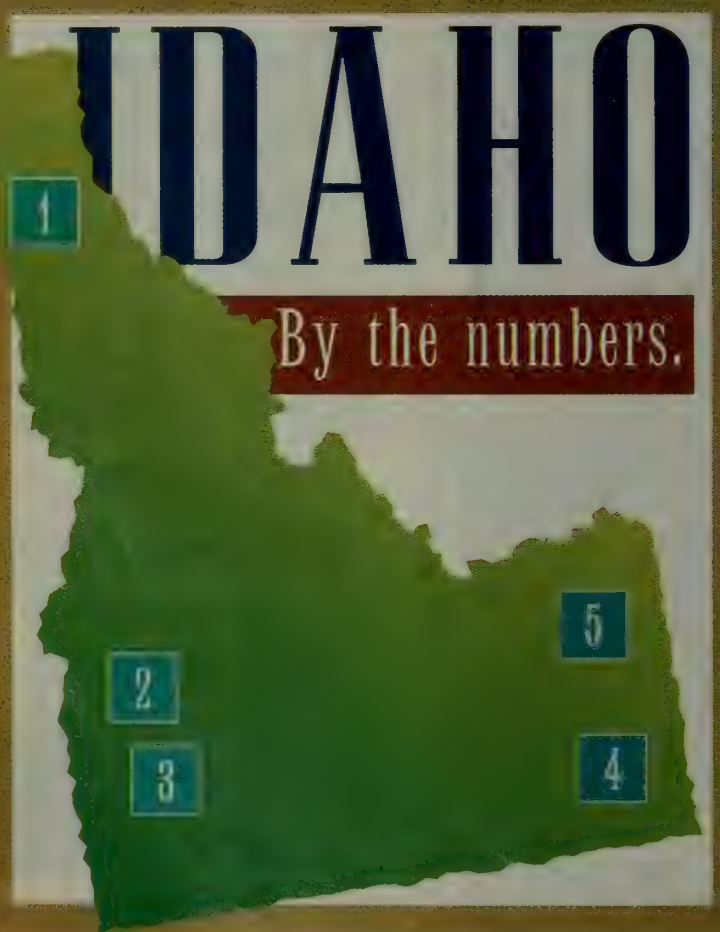
Take a drive to Southwestern Idaho and discover the scenery. Follow highways that wind through national forests, historic locations and along exciting whitewater rivers. Or experience a taste of Idaho by venturing off the main road and enjoying scenic farmland, fruit orchards and Idaho's wine growing region.

While in Southern Idaho, you w to miss a performance of the Idaho Shakespeare Festival in Boise. This the Festival presents such favorites a Merry Wives of Windsor" and "The Tempest". Bring a picnic, a blanket bottle of wine and spend a relaxing under the stars in an outdoor amph located along the banks of the beau Boise River.

Travel east to the old west. Retra steps of the pioneers along the old O Trail, soak in the healing waters of L Springs or explore the Minnetonka C Southeastern Idaho is the land the Shoshone-Bannock Indians call hon Where real cowboys roam the range west is still alive.

Eastern Idaho is also the gateway Yellowstone National Park and Gran National Park. On your way, you'll wide, graceful valleys and fish infeste including the Henry's Fork, one of th fly-fishing streams in the world.

Come explore Idaho and discover beyond your imagination.





Scott Spiker

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Steve Bly

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P.O. Box 2106, Boise, ID 83701

Southwest IDAHO TRAVEL Association inc

3



Dave Bigler

There is much ado about something in Boise as the Idaho Shakespeare Festival takes to the stage for its 20th season. The Festival presents such favorites as "Twelfth Night", "The Merry Wives of Windsor" and "The Tempest". Enjoy a picnic in an outdoor amphitheater located along the banks of the beautiful Boise River. Call today for a season schedule and Festival information.

IDAHO Shakespeare FESTIVAL

800-98-PLAYS



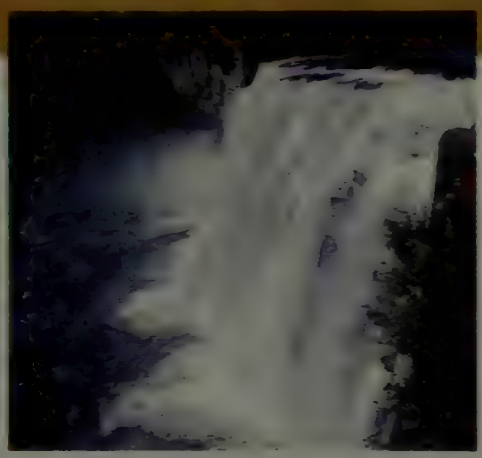
Steve Bly

Come celebrate the spirit of the old west in Southeastern Idaho. Retrace the steps of pioneers along the old Oregon Trail, soak in the healing waters of Lava Hot Springs, visit the Fort Hall replica, admire the turquoise waters of Bear Lake or explore the Minnetonka Caves. Come to the land the Shoshone-Bannock Indians call home. Where real cowboys still roam the range.

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Fishing for Fossils

continued from page B3

After oohing and ahhing at the sight of your first find, you lay it flat on a wooden pallet to dry. Within just a few hours your pallet will be full, and it's time to head back to Ulrich's Gallery, where they'll cut the stone around the fossil fish and prepare it for proud presentation. Cost for a half day, including transportation, all specimens, and cutting, is $55. Reservations are required.

Two other area commercial quarries offer collecting opportunities. Hebdon's Warfield Spring Quarry (307/883-2445), south of Kemmerer, includes camping and hot showers at the rate of $35 a day. Tynsky's Fossil Fish Center in Kemmerer (307/877-6885), guarantees you'll find a fish in just three hours of digging ($55). All establishments offer digs June to September 1; prices are per person.



Summer visitors to southwest Wyoming's fossil quarries can take home the fish they've dug themselv

Fossil Butte National Monument, 14 miles west of Kemmerer, is a flat-topped remnant of rock in which the remains of prehistoric plant and animal life have been preserved to near perfection. The visitor's center provides a good place to start exploring, and two interpretative trails let you experience Fossil Butte's story firsthand. All objects in the park are protected and must be left undisturbe

Lodge at the Energy Inn Diamondville, about 15 miles sout east of Fossil Butte. ($45 and u 307/877-6901.)

Information: Ulrich's Foss Gallery, 307/877-6466. Fossil But National Monument (open yea round except winter holiday 307/877-4455.

—by Diane Bair and Pamela Wright

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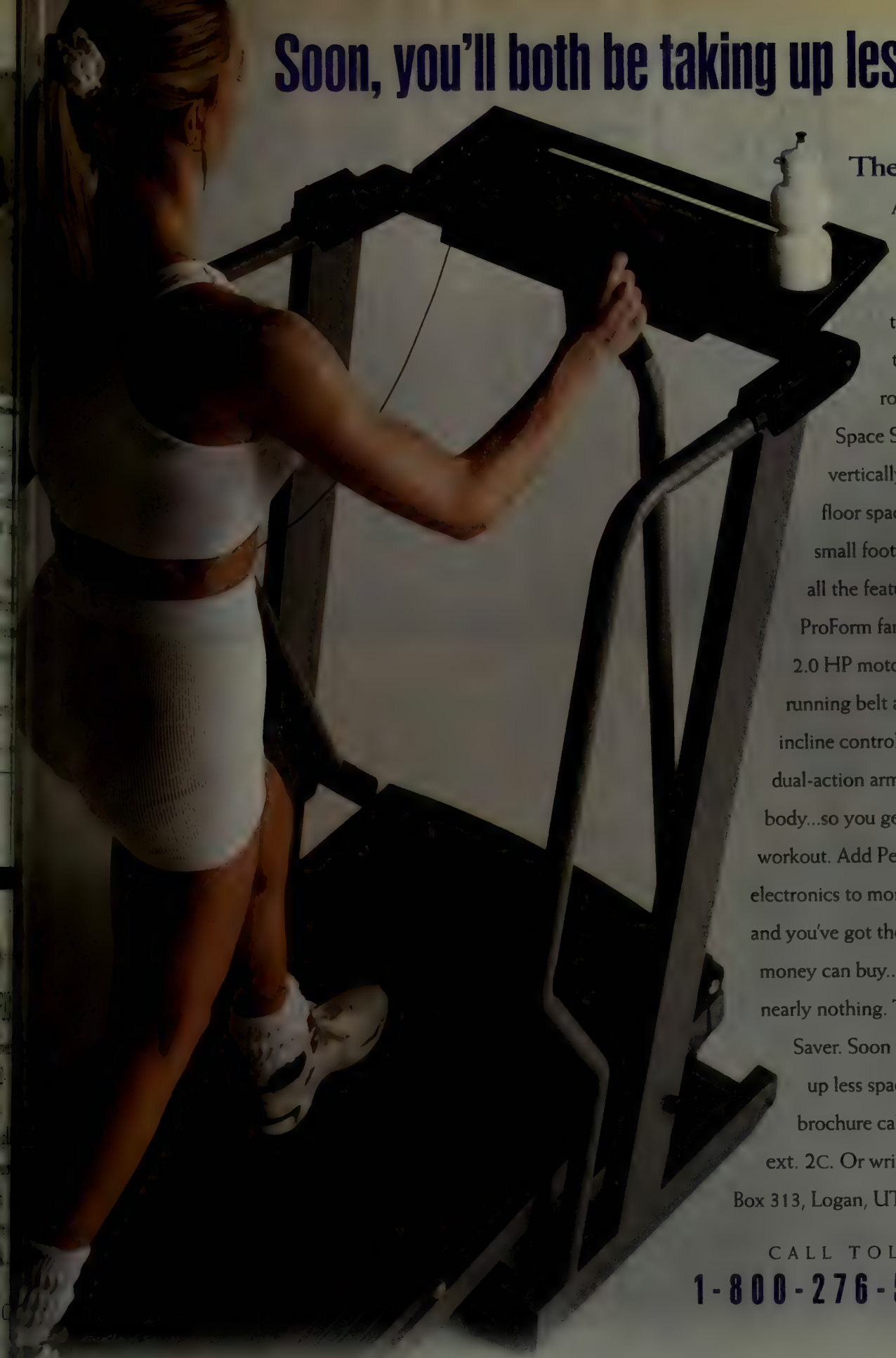
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by Julia Malloy

The Trendy Tortilla

It's a wrap and more





Tacos, nachos, and enchiladas step aside! We have more in store for tortillas. As a culture-crossing appetizer or show-stopping dessert, tortillas set the stage.

NUTTY OLIVE QUESADILLAS

The cheese just melts in your mouth.

- 6 (6-inch) flour or corn tortillas
- 1 cup shredded mozzarella cheese (4 oz.)
- ⅔ cup crumbled feta
- ¼ cup chopped walnuts
- ¼ cup chopped pitted ripe olives
- 2 tsp. snipped fresh oregano or ½ tsp. dried oregano, crushed
- 1 Tbsp. olive oil
- Salsa

To soften tortillas, wrap in foil; heat in a 350° oven for 10 minutes. Combine cheeses, nuts, olives, and oregano; spread onto half of each tortilla. Fold in half; secure with toothpicks. Brush one side with oil.

In a skillet cook tortillas, oil side down, over medium-low heat for 4 minutes, brushing with oil and turning once. Cut into triangles. Serve with salsa. Makes 6 servings.

Nutrition facts per serving: 239 cal., 14 g total fat (5 g sat. fat), 23 mg chol., 297 mg sodium, 1 g fiber, 20 g carbo., and 10 g pro. Daily Values: 7% vit. A, 0% vit. C, 31% calcium, and 11% iron.

STAR DESSERT CUPS

Fry tortillas into puffy, bubbly cups. Or, bake them for a low-fat version.

- 6 to 8 (8-inch) flour tortillas
- Cooking oil for deep frying
- 1 Tbsp. sugar
- ⅛ tsp. ground cinnamon
- 2 squares (2 oz.) semisweet chocolate
- 2 tsp. shortening
- Cinnamon or chocolate ice cream
- Cut-up fresh fruit

To soften tortillas, wrap in foil; warm in a 350° oven for 10 minutes. Cut into star shapes (see photograph, top right).

To fry: In a large heavy saucepan heat 3 inches of oil to 360°. Cook tortillas, one at a time, in oil for 30 to 45 seconds or till golden and puffed, using a ladle to press tortillas in center to form cups. Remove with tongs. Drain on paper towels.



To form tortillas into star shapes, use kitchen shears to cut diagonally in and out around the edge.

To bake: Spray four 10-ounce custard cups with nonstick spray coating. Press one tortilla star into each cup. Arrange on a baking sheet. Bake in a 350° oven about 15 minutes or till crisp. Cool in cups on a wire rack. Remove from cups.

Melt chocolate and shortening; brush onto edges. Let dry.

To serve, fill cups with ice cream. Top with sugar, cinnamon, and fruit. Makes 6 to 8 servings.

Nutrition facts per fried, filled star: 350 cal., 18 g total fat (4 g sat. fat), 11 mg chol., 34 mg sodium, 45 g carbo., 2 g fiber, and 5 g pro. Daily Values: 15% vit. A, 50% vit. C, 13% calcium, 12% iron.

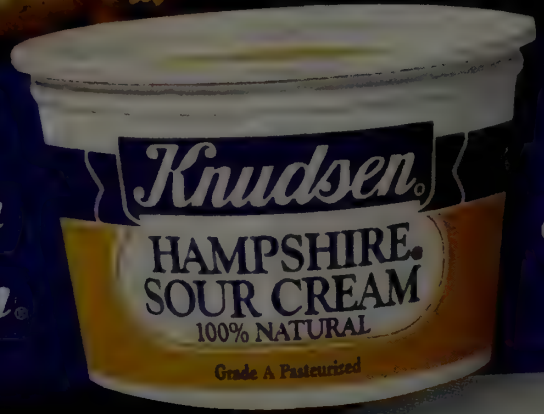
Nutrition facts per baked, filled star: 272 cal., 10 g total fat (3 g sat. fat), 11 mg chol., 34 mg sodium, 45 g carbo., 2 g fiber, and 5 g pro. Daily Values: 15% vit. A, 50% vit. C, 13% calcium, and 12% iron.



June and Flossie always end up at the Jacobson's on Knudsen night.

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by Lisa Holderness

Fennel Revival



Bring home a bulb of fresh fennel and find out why this funny-looking vegetable has won the hearts of so many cooks. For centuries, Italian and other European cooks braised fennel, baked it with fish, and chopped it fresh for salads. The fennel attraction: a gentle, slightly sweet anise flavor that lends itself to almost any dish from soups to side dishes.

Fresh fennel season extends from fall till spring. Celerylike stalks and bright green fronds grow from the bulb, as shown below, but these are often removed before the fennel reaches the supermarket produce section. Pick a firm, smooth bulb without cracks or brown spots. Fennel loses its flavor quickly, so store it in a plastic bag in the refrigerator and use it within a few days.

When the stalks and fronds are still attached to the bulb, remove them and slice the bulb as shown below. You can snip the fronds and use them as an herb or a topper for soups. Reserve the tough stalks for making soup stock (in place of celery) or discard.

A simple way to enj raw fennel is sliced a munched like a carr stick. Or, you can a chopped fennel to col slaw or potato salad f extra crunch.

Cooking fennel mut the flavor and softens t crisp texture. Italian cook favor braising fennel as side dish, but they includ it in almost any course.

You can introduce fe nel into your cooking as substitute for celer Chop or slice raw fenne for soups, stir-fries, an vegetable medleys. O substitute fennel wedge for another vegetable in a pot roast recipe. You can als use cooked fennel as a pizza topper.

To cook plain fresh fennel, cover it with a small amoun of boiling water and cook for 6 to 10 minutes or till ten der. Or, to steam it in your microwave oven, combine i with a little water. Cook it on 100% power (high) for 4 t 6 minutes or till tender, rearranging once.

To intensify the fennel flavor in cooked dishes, add pinch of fennel seed. Fennel seed comes from a differen variety of fennel plant and is sold in the spice aisle.

PREPARING FRESH FENNEL



- Stalks of fennel may look similar to celery, but its delicate anise flavor sets it apart.
- After removing any wilted outer layers from fennel, cut a slice from the base of the bulb and discard.
- Cut off the tough upper stalks and feathery fronds, leaving the tender bulb for cooking.
- Cut the fennel bulb lengthwise; then quarter, slice, or cut as desired. You can eat it raw or cook it as directed.



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WAY TO ADD FLAVOR.

SWANSON® SKINNY MASHED POTATOES

PREP TIME: 10 MIN. COOK TIME: 15 MIN.

4 large potatoes, cut into 1" pieces
3/4 cup Swanson® Chicken Broth
Generous dash pepper

Cook potatoes in boiling water for about 10 min. or until tender. Drain. Mash potatoes with broth and pepper. Serves 7.

TIP: You can cook vegetables in the remaining Swanson® broth for added flavor.

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Cookies by the Stack

When the cookie monster in you comes out, grab this versatile recipe and head to the kitchen. The cookie dough is easy to make and bake. It's choosing one of seven scrumptious flavors that's the tough part. Hot-from-the-oven, they'll bring out the other cookie monsters in your house!



FRUIT OATMEAL ROUNDS: Substitute 1 cup rolled oats for 1 cup of the flour. Stir 1 teaspoon ground cinnamon into the flour mixture. Also, stir one 6-ounce package dried fruit bits into the dough.

DOUBLE CHOCOLATE DELIGHTS: Substitute ⅓ cup unsweetened cocoa powder for ½ cup of the flour. Also, stir one 12-ounce package (2 cups) semisweet chocolate pieces into the cookie dough.

PEANUT BUTTER BUDDIES: Add ½ cup peanut butter with the eggs and vanilla. Also, stir 2 cups peanut butter-flavored pieces into the dough.

CHOCOLATE CANDY COOKIES: Stir 2 cups candy-coated milk chocolate pieces into the dough.

MALTED MILK TREATS: Substitute ¼ cup instant malted milk powder for ¼ cup of the flour. Also stir 1½ cups chopped malted milk balls into the cookie dough.

MACADAMIA MANIA: Stir 2 cups coarsely chopped white baking bar (or pieces) and one 3½-ounce jar macadamia nuts, coarsely chopped, into the dough.

SUPER-CHUNK CHIPPERS: Stir 1 cup coarsely chopped semisweet chocolate, 1 cup coarsely chopped milk chocolate, and 1 cup chopped pecans into the dough. Drop dough from a ¼-cup measure about 4 inches apart onto a cookie sheet. Flatten cookies slightly with a spoon. Bake for 13 to 15 minutes or till edges are light brown. Makes 18.

CHOOSE-A-COOKIE DOUGH

Pick a flavor before you start baking because a few ingredients vary for the seven flavors.

- ½ cup shortening
- ½ cup margarine or butter
- 1 cup packed brown sugar
- ½ cup granulated sugar
- ½ tsp. baking soda
- 2 eggs
- 1 tsp. vanilla
- 2½ cups all-purpose flour

In a large mixing bowl beat the shortening and margarine or butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, granulated sugar, and baking soda. Beat till fluffy. Add eggs and vanilla; beat till combined. Beat or stir in flour. Use immediately or cover and chill for up to 24 hours. (Or, wrap dough in freezer wrap and freeze for up to 6 months. Thaw overnight in refrigerator before baking.)

Drop dough by slightly rounded tablespoons 2 inches apart onto an ungreased cookie sheet. Bake in a 375° oven for 10 to 12 minutes or till edges are light brown. Cool cookies on a wire rack. Makes about 48 cookies.

Nutrition facts per Fruit Oatmeal Round: 91 cal., 4 g total fat (1 g sat. fat), 9 mg chol., 42 mg sodium, 12 g carbo., 0 g fiber, and 1 g pro. Daily Value: 3% vitamin A, 0% vitamin C, 0% calcium, and 2% iron. ♦

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FOOD

Cabbage: Good and Plenty



The humble cabbage often gets the cold shoulder from the average shopper. But, this inexpensive head of crisp leaves deserves your attention. Sample our updated coleslaw, then try the ideas for using cabbage in surprising new places.

HONEY-MUSTARD SLAW

- 8 cups shredded red and/or green cabbage (about 1 head)
- 2 medium carrots, shredded
- 2 cups pea pods, halved crosswise
- ½ cup chopped red onion
- ⅓ cup coarse-grain mustard
- ¼ cup salad oil
- ¼ cup lemon juice
- ¼ cup honey
- 2 cloves garlic, minced
- 3 Tbsp. chopped nuts

In a large bowl stir together cabbage, carrots, pea pods, and onion.

For dressing, in a screw-top jar combine mustard, oil, lemon juice, honey, and garlic. Cover and shake well; pour over the cabbage mixture. Toss lightly to coat. Cover; chill for 2 to 24 hours, stirring occasionally. Before serving, stir slaw and sprinkle with nuts. Makes 8 servings.

Nutrition facts per serving: 171 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 290 mg sodium, 20 g carbo., 3 g fiber, 4 g pro. Daily Value: 39% vit. A, 114% vit. C, 9% iron.

IDEAS FOR CABBAGE

- Stuff omelets, tortillas, or pita pockets with stir-fried cabbage and vegetables.
- Stir chopped cabbage into tuna salad.
- Top baked potatoes with steamed cabbage and shredded cheddar cheese.
- Sprinkle precooked shredded cabbage onto pizza along with other toppings.
- Use cabbage leaves on sandwiches.



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To order this special two-for-one kit, send check or money order for $12.95 to: *Better Homes and Gardens®* Reader Shopping Service, Dept. R9503, P.O. Box 9128, Des Moines, IA 50306-9128. Price includes shipping, handling, and sales tax.

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DESIGN

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Here's a lampshade makeov that's picture-book perfect! Choos delightful print such as this sto book-style fabric ideal for a nurse and charm it with a pretty tri You'll disguise a worn shade—a change its character—in minutes.

Pick a fabric that coordinates w your colors and complements yo style. Border velvet or brocade w braid and trim it with tassels for Victorian throw, or try chintz edg in lace for a fresh country look.

Measure the height of the lam shade's side and multiply by tw then add the diameter of the shad top; draw a square pattern, using t measurement for the sides. Draw t shade's top in the center of t square. Fold the square into qu ters, cut out center, then cut aw one of the quarter shapes. Fro fabric, cut out four shapes, addi ¼-inch seams to straight edges. *No* To keep a scenic print right side u cut fabric on bias; for an over print, cut squares with the grain.

Join two shapes, right sides facir along one short side. Repeat for t remaining two shapes. Next, join t assembled shapes to form a squa Press under the outer seams; fini with fringe. Sew decorative trim the edge of the circle.

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Pictured are the first five boxes in the set.

Actual size: 3¼" x 3" oval; 2" high.

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our environment

MARCH 1996



Dust, pollen, mold and other indoor air pollutants are becoming endangered species, of a sort, with all the air-cleaning devices and filters now available. Here are a few new entries:

• **Portable room filters.** High Efficiency Particulate Air (HEPA) filters were developed to remove radioactive particles from the air. Portable household versions do a terrific job removing common pollutants, such as dust tracked in by dogs. Compact units from Honeywell Inc. or Holmes Products Inc. are widely available.

• **Microbe-killing filters.** Common furnace filters clean air as it comes into your forced-air system. But what about molds, mites, and other nasty contaminants picked up as that air makes its way through your home's ducting? Try Final Filters. These polyester-fiber filters are mounted at vent outlets to give air a final sifting before it enters rooms. The filters are also coated with an antimicrobe agent to kill bacteria. For information, contact America Eco-Systems at 800-433-2999.

• **Electrostatic air cleaners with all the options.** These plastic-mesh filters slip into the same slots as common fiberglass furnace filters, but they are much more effective cleaners. Look for such options as whistles that sound automatically when filters need cleaning (you wash them with a garden hose), built-in smoke detectors, and built-in carbon monoxide detectors. These filters are now available at most home centers.

DO YOU KNOW?

The average family of four flushes about 100 gallons of a water a day. That's a precious resource, as well as money, down the drain. Conserve by adding a water dam to the tank or replacing older 5-gallon-per-flush guzzlers with newer1.6-gallon-per-flush models.

HEALTHY BABIES

Because children aren't simply adults in small bodies, scientists must do a better job studying the effects of pesticides on youngsters, a National Academy of Sciences report says.

The government's pesticide standards are based primarily on studies of adults, according to the report, *Pesticides in the Diets of Infants and Children*. But babies are more vulnerable to harmful side effects because their developing brains, immune systems, and organs are immature. Pound for pound, they eat and drink more than adults.

What steps have baby food makers taken to ensure safe products? Gerber Products Co. has worked to minimize the presence of pesticides in its products since the 1940s. Farmers are encouraged to use specialized crop rotations that help reduce the need for pesticides. Gerber then processes crops with techniques designed to eliminate any trace chemicals.

Earth's Best, Inc., is another baby food company concerned with the issue. Their foods are certified organically grown, which means no synthetic pesticides or fertilizers have been used. For location of health food stores selling Earth's Best, call 800-442-4221.



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e can't replace your memories, but we can help you build new ones.

NFIP
National Flood Insurance Program
Administered by FEMA

FEMA

auto update

MARCH

by Jeff Lacina

color:

It's your **biggest** *decision next to your* **choice** *of vehicle*



DODGE CARAVAN



CHEVROLET CAMARO

Just like Mother Nature, every yea automakers hope to dazzle us with the newest and flashiest colors. Recently, vehicl color choices have taken a turn for the dra matic, with deep, rich greens, dark laver ders, and pearlescent colors showing up o many models. Margaret Hackstedde, chie designer in Chrysler's color and trim studios says that as vehicles become more "organ ic" and nature-inspired in their design, w can expect to see even more shades o green and natural, earth-based colors such as gold, tan, bronze, and even copper.

"After a 15-year absence, greens—especially the dark forest greens—are back and here to stay." *–Chief Chrysler designer Margaret Hackstedde*



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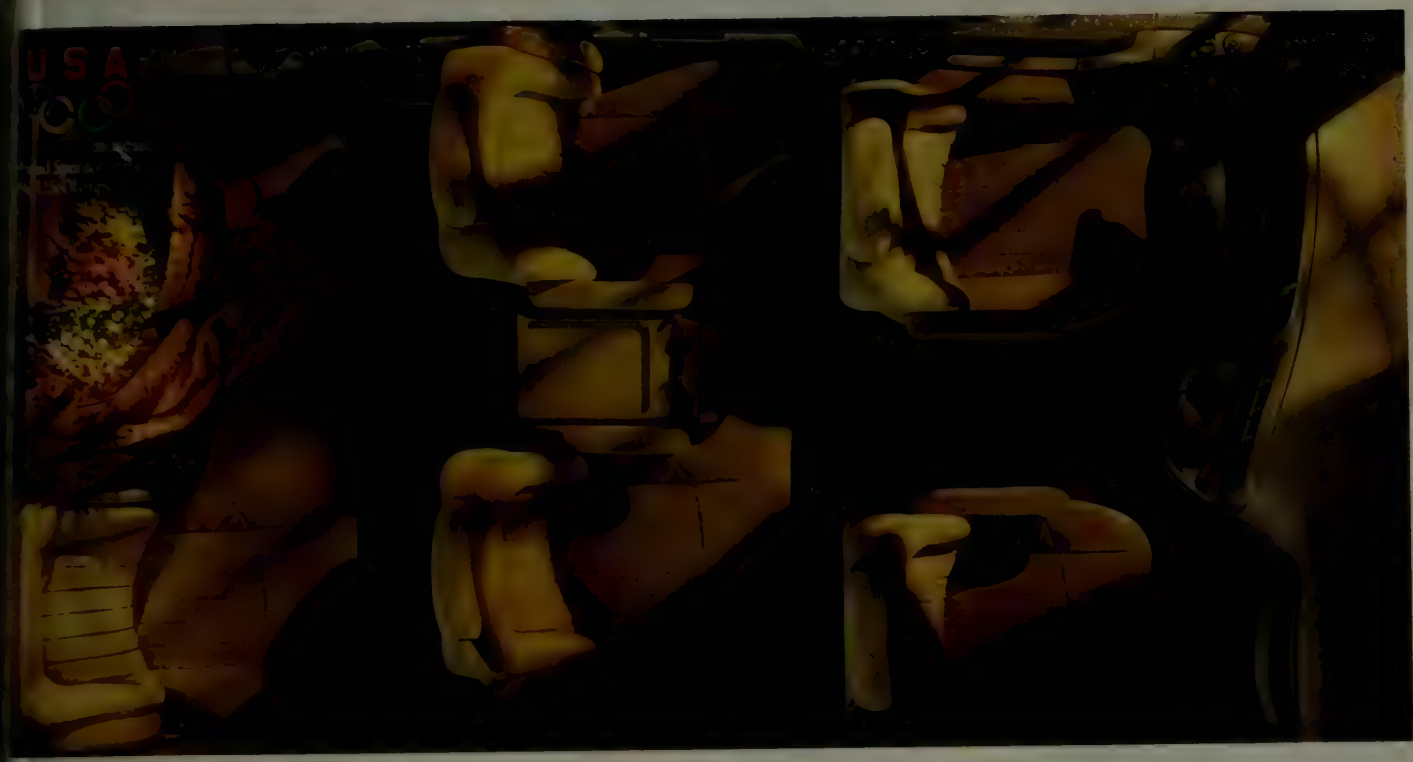
colors to come

GOLDS, EARTH TONES

coat of many colors

As paint technology evolves, so will our color choices. We already have vehicle colors that change or "flop" with different light levels. A car that is rose in daylight turns to a deep iris at night. A pearlescent white may even glow softly at night, absorbing and reflecting the moonlight or other available light. Paint suppliers already blend mica and aluminum particles to obtain a metallic look. On one Mustang model, Ford offers a color that includes a prismatic powder. When mixed with a neutral base-coat, it actually refracts or bends incoming light and shows different colors when the vehicle is viewed from different angles. The car may appear green, gold, iris, or black—all in direct sunlight! Even clearcoats are getting a touch of tint to enhance the base color over which they are applied. Add mica to the clearcoat, and you get "candy apple" colors, such as the red Dodge Caravan shown above.

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Chevy Astro LT has an all-new, remodeled interior that makes this home away from home even more comfy. It may soon be the most popular family gathering place around.

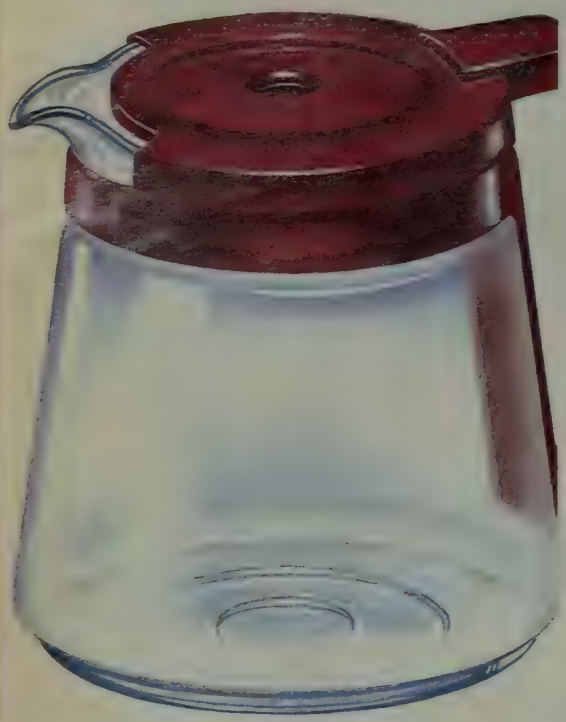
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HINT #16

CLEANS COFFEE POTS





To remove coffee stains from the inside of a glass coffee pot, add 4 teaspoons Morton® Salt, 1 cup crushed ice, and 1 tablespoon water. Gently swirl until clean, then rinse. Coffee pot should be at room temperature before cleaning. Do not use if pot is cracked or chipped. For more economical, safe, and effective uses for Morton® Salt write for the new Household Hints brochure: Morton® Salt Tips, Dept. J, Chicago, IL 60606-1597.

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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

FIXING A HOLE

When repairing a hole that's too large for wall surfacing compound alone, but too small for a typical drywall patch, try filling the hole with a cotton ball before applying the surfacing compound.

Kim Milner
Joplin, Mo.

A SCREW LOOSE

Use a soldering iron to loosen wood screws frozen by glue, rust, or paint. Hold the tip of the iron in the screw's slot for 5 to 10 minutes, then remove the screw with a screwdriver.

Teresa Kolibaba
Port Orford, Ore.

PERENNIAL PLACE MARKS

Do you forget where your perennials are planted during their dormant stage? You can identify each by painting a picture of it on a stone and placing the stone in your garden where the flower will come up next year. In addition to helping you remember where your perennials are planted, the rocks will help you visualize your garden during the winter months so you can consider changes you might make when spring comes.

Darlene Lynch
Wicomico Church, Va.

ATTRACTIVE ORGANIZER

Help keep your workshop organized by using a magnetic-strip knife holder to hang chisels, punches, and other metal tools.

Darrel Stucky
Jackson, Wyo.

SCRATCH STOPPERS

Make nonslip wall bumpers for your picture frames with button-size dollops of clear silicone sealant. Apply the sealant to the bottom corners of the frame. The silicone is clear, won't harden, and is easy to remove. Silicone bumpers will protect your walls from scratches, keep your pictures hanging straight, and make them hang flush against your walls.

Paul Salm
Cantonment, Fla.

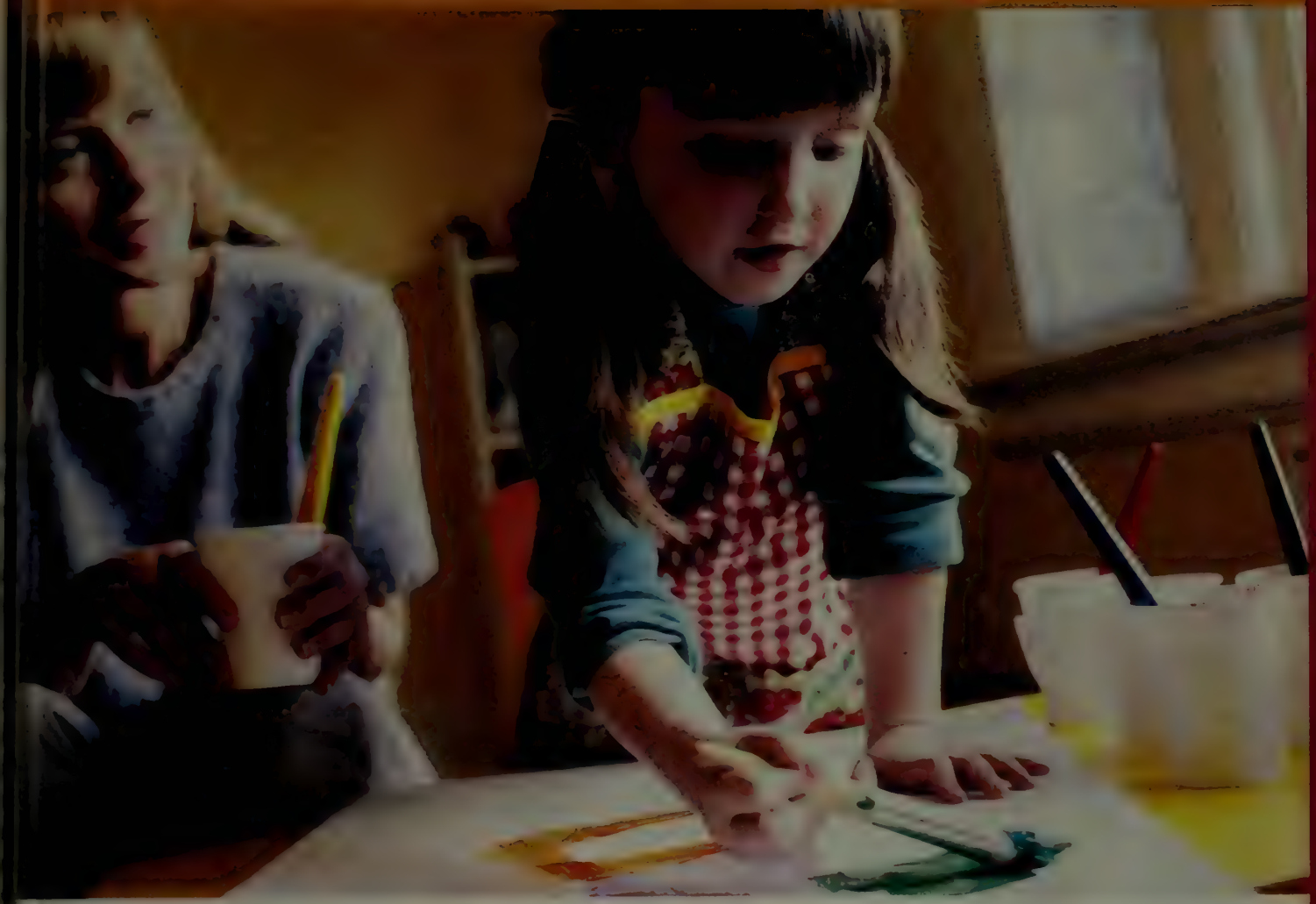
HIDE-A-BULB

If you have fluorescent lighting built into your drop ceilings, you can store extra lamps in the ceiling next to the fixture. This saves you some storage space and you'll know where to look for a new lamp when one burns out.

Sharon Andrews
Largo, Fla.

SEND US YOUR TIP

Mail your tip along with a daytime phone number to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit the tips that we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.



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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING UPSTAIRS, DOWNSTAIRS

Page 34: green floral wallpaper, "Veranda Rose" from First Home—Motif Designs; for a retailer near you call 800/431-2424. **White floral wallpaper,** "Samantha Companion" (Boxwood), pattern No. 566800—Waverly, 800/423-5881. **Black/white self adhesive paper;** available at discount stores nationwide.
Page 36: rag rug, stuffed doll, and toys—antique.
Page 38: tennis rackets—antique.

SPECIAL-ORDER KITCHEN

Page 96: cabinetry, 4004RG, gloss laminate with aluminum band; recessed sink under window, "Smallbone Belfast"—SieMatic Corp., 886 Town Center Dr., Longhorne, PA 19047; 800/765-5266. **Electric cooktop**—Miele Appliances, Inc., 22D Worlds Fair Dr., Sommerset, NJ 08873. **Faucets, sink in butcher block**—Franke, Inc., Kitchen Sys. Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771.
Page 98: ribbed glass around booth—Lee and Cates Glass, 905 W. Forsyth, Jacksonville, FL 32204. **Lighting**—Juno Lighting Inc., 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018; 800/323-5068. **Paint on walls,** (custom colors)—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862.
Page 99: ovens—Miele Appliances, Inc. (address above). **Faucet**—Franke, Inc. (address above).
Page 101 (*top*): gas cooktop and hood—Gaggenau USA Corp., 425 University Ave., Norwood, MA 02062. **(*Bottom*): waste chute**—Franke Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771.
Page 102: Recessed sink, "Smallbone Belfast"—SieMatic Corp. (address above).
Page 105: Microwave oven—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820.

SMART GARDENING

Pages 117–123: soaker hoses, watering timers, pots, and plants—available at most garden centers. **Perennials, vines, and ground covers**—White Flower Farm, Route 63, Litchfield, CT 06759-0050; 203/496-9600; free catalog. Wayside Gardens, P.O. Box 1, Hodges, SC 29695-0001; 800/845-1124; free catalog. **Annuals**—Otis Twilley Seed Co., P.O. Box 65, Trevose, PA 19053; 800/622-7333; free catalog. Liberty Seed Co., P.O. Box 806, 128 First Dr., S.E., New Philadelphia, OH 44663; 216/364-1611; free catalog.

GARDENER'S ALMANAC

Page 126: corydalis lutea—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 908/363-2225; free catalog. Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001; 864/223-7333; free catalog.

ANTIQUE ANNUALS

Pages 129–136: seeds and flowers—Select Seeds Antique Flowers, 180 Stickney Rd., Union, CT 06076; 203/684-9310; catalog $3. J.L. Hudson, Seedsman, Star Route 2, Box 337, La Honda, CA 94020; no phone orders; catalog $1.

BLUE-RIBBON BATHS

Pages 140–141 (*left*): sink—Hastings Tile & Bagno Collection, 30 Commercial St., Freeport, NY 11520. **Faucet**—Dornbracht, available from Santile International Corp., 6687 Jimmy Carter Blvd., Norcross, GA 30071; 800/441-4364. **(*Right*): towels**—Bed Bath & Beyond, 715 Morris Turnpike, Springfield, NJ 07081; 201/379-1520.
Pages 142–143 (*left*): vanity, mirror, wall cabinets, lavatory bowl—IKEA U.S. Inc., Plymouth Commons, Plymouth Meeting, PA 19462; 215/834-0180. **Faucets for tub and shower**—Price Pfister, P.O. Box 4518, 13500 Paxton St., Pacoima, CA 91333-4518. **(*Right*): whirlpool tub**—Pearl Bath Inc., 9224 73rd St., Minneapolis, MN 55428; 800/328-2531. **Toilet**—Barclay Products Ltd., 4000 Porett Dr., Gurnee, IL 60031. **Ceramic tile,** (Gray and White)—Tile Barn, Rt. 22, Lebanan, NJ 08833. **Curtains**—Rue de France; for product information call 800/777-0998. **Towels**—Cannon; for product information call 800/841-3336.
Page 144 (*top left*): toilet—Barclay Products Ltd. (address above). **Shower faucets**—Dornbracht (address above). **(*Right*): sink**—Hastings Tile & Bagno Collection (address above). **Ceramic tile,** (Grey and White)—Tile Barn (address above). **(*Bottom left*): shower stall**—Eljer Ind., P.O. Box 879001, Dallas, TX 75287-9001; 800/435-5372. **Storage cabinet**—IKEA U.S. Inc. (address above).

MAKING ROOM FOR WORK, FRIENDS, AND FAMILY

Pages 152–153: windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Furniture**—Herman Miller, Inc., 855 E. Main Ave., P.O. Box 302, Zeeland, MI 49464-0302. **Pillows**—The Kilim Collection, 22 Bennett St., Atlanta, GA 30309.
Pages 156–158: windows—Marvin Windows & Doors (address above). **Floor tile**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271.

ALL MY CHILDREN

Page 161: pear print, antique pine table, glass front wall cabinet, ginger jars with lids, candlesticks, wicker settee/rocker, and pillows—Lacey Ellen, 620 First St., Benicia, CA 94501; 707/745-3647. **24-inch bar stool with back,** No. 6610—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730.
Pages 162–163 (*left*): botanical prints, curtains, magnolia leaf wreath, birdcage on stand, pillows, stained glass table lamp, coffee table books, footed compote, topiaries, wire votive and terra-cotta series, round wicker tea table, pierced creamware plate—Lacey Ellen (address above). **Wicker rectangular ottoman,** No. 6821—Palecek (address above). **(*Right*): botanical print, towels, tiered wicker basket, wire teapot, Shaker pegboard shelf, and wire basket**—Lacey Ellen (address above).
Pages 164–165: bed, bed linens, table linens, basket, mirror, hurricane lamp, frames, books, sconce, and framed topiary—Lacey Ellen (address above).
Pages 166–167: bunny bed, quilt, bed linens, Shaker pegboard, lamp, antique pine pie safe, nightstand, tea set, and child's painted table—Lacey Ellen (address above). **Winchester dollhouse**—Cooper's Dollhouse Studio, 129 First St., Tannery Bldg., Benicia, CA 94510; 800/801-9411. **Child's blue Bistro chair,** No. 6100—Palecek (address above). **White wicker chair, small chair on door, and dresses**—antique.
Pages 168-169 (*left*): antique pine armoire, crib, crib bedding, and portrait—Lacey Ellen (addr above). **(*Right*): European antique pine bed, w clock, map print, airplanes, and rug**—Lacey El (address above). **Bar Harbor wicker rocker, explo creel, and sailboat**—Palecek (address above).

READER SHOPPING

Page 77: *Natural Health, Natural Medicine* by Andrew Weil—Houghton-Mifflin, 222 Berkeley S Boston, MA 02116. **Healthy Garden Plant and Se Collection**—Shepherd's Garden Seeds, 6116 Hwy. Felton, CA 95018. Papa Geno's Herb Farm, 1951 25th St., Lincoln, NE 68502.
Page 125: Antique Seeds Collections—Select Seed 180 Stickney Rd., Union, CT 06076-4617.
Page 234: *Kid's Squish Book*—Marlor Press, In 4304 Brigadoon Dr., St. Paul, MN 55126.
Rainbow Tie-Dye Kit—Sulfiati's Art Adventures, 10 Carlsbad St., San Diego, CA 92114.

FLOWER ARRANGING MADE EASY

Page 50: Flower Arrangement Patterns—Ma Publishing Co., 5400 Scotts Valley Dr., Scot Valley, CA 95066.

Architects & Designers

SPECIAL-ORDER KITCHEN

Page 96: kitchen designer—Matthew D. Ro SieMatic Corp., 351 Peachtree Hills Ave., Ste. 40 Atlanta, GA 30305.

BLUE-RIBBON BATHS

Pages 139–144: architect—Charles and Stephe Kanner, Kanner Architects, 10924 Le Conte Ave., Lo Angeles, CA 90024. **Interior design**—Judith Kanne Kanner Architects (address above).

MAKING ROOM FOR WORK, FRIENDS AND FAMILY

Pages 152–153: architect—Dennis Hertlein, AIA 985 Ralph McGill Blvd., Atlanta, GA 30306 404/577-4193.
Pages 154–155: architect—Oz Architecture, 233 Pearl St., Boulder, CO 80304; 303/449-8900 **Interior design**—Carol Mathers Interiors, 121 Summi Blvd., Englewood, CO 80110; 303/781-5378.
Pages 156–158: architect—Lynn Hopkins, 45 Munroe Rd., Lexington, MA 02173; 617/863-2585.

STYLE IN THE MAKING UPSTAIRS, DOWNSTAIRS

Pages 32–38: designs—Jim Williams.



Editor's note: In the January feature, "The Last Minute Holiday," we featured flowerpot bread baked in a terra-cotta saucer. However, we do not recommend cooking and serving in terra-cotta vessels unless they are approved for food use, because there is a danger of lead content. Approved clay cookware can be found in department or specialty food stores. Avoid containers intended for garden use.

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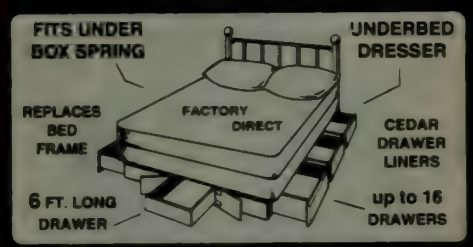
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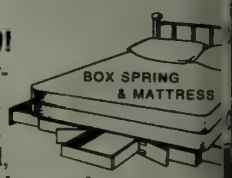
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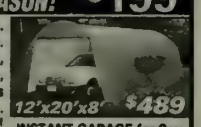
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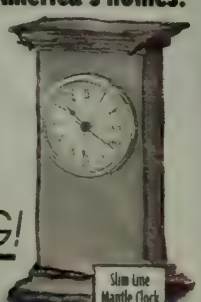
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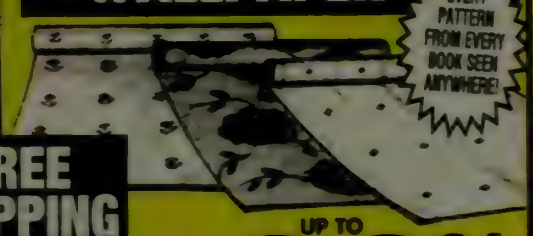
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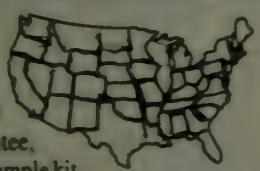
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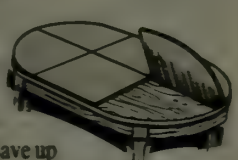
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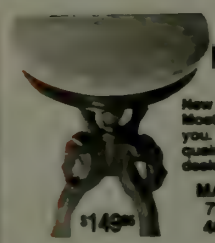
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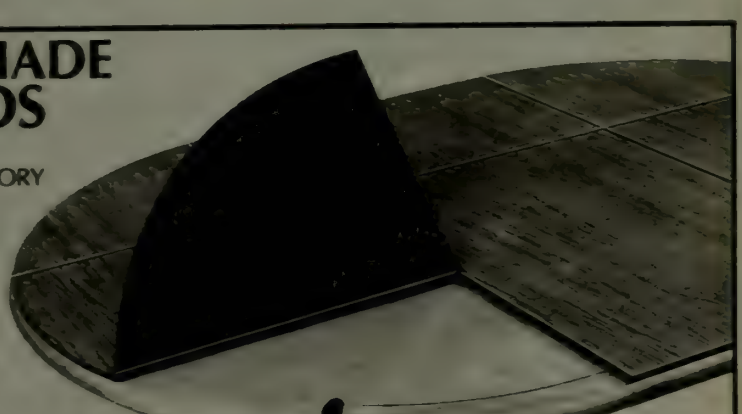
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"One of the best things about living in a small town," reports retired police chief Bob Lohrman, "is that the clerk in the video store can quickly point out the movies you haven't yet seen."

Lee Bayless brags that his new cellular phone is equipped with all the latest features. Now if it could only remind him to take it with him when he goes someplace.

Congressman Nick Hanfli confided to Dr. Bob Hannelly that he always feels better in odd-numbered years—when there's no election.



"Finally, a snowstorm worse than the one my grandfather talks about."

Christine notes that in her real estate business, do-it-yourselfers are the best clients because "they see a house with a lot of problems as a wonderful opportunity."

Elaine Cowan has developed a new diet strategy that just might work. She makes a list of all the foods she really loves and takes it with her when she shops for groceries. "It reminds me what not to buy," she says with a laugh. "I call it my unshopping list."

Daughter Rosemary sent an e-mail message the other day to Christine's office computer saying that she's ready for a spring break; meaning, Christine observed, that the kid is broke.

Isabel Norman said her life was feeling sort of empty lately, and she finally figured out why. Her name was dropped off the mailing lists of the dozen or so catalogs she received each month.

The Rev. George Hall says h believes miracles still happen. Las week one of his loudest critics in ou congregation was suddenly trans ferred to another city.

Bill Drummond says he was cu out to be a rich man, but somehov he just wasn't sewn up right.

Uncle Dodd Buckner says he's n pessimist, but he notes Buckner Corollary to Murphy's Law: "Wha can go wrong will go wrong—espe cially if it involves me."

Some folks seem to dance thei way through life, but Ned Carte says that his life "has been an endles round of mud-wrestling."

"Today's kids," observes a puz zled Grandpa Hillis, "sure spend lot of money on clothes that mak them look like they don't have any."

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Better Homes and Gardens



Carefree roses

THE BEST CHOICES
R EFFORTLESS BEAUTY p. 165

PASTA

delicious recipes, from simple to elegant p. 208

UDGET DECORATING
O GIVE YOUR HOME
ASYGOING CHARM p. 179

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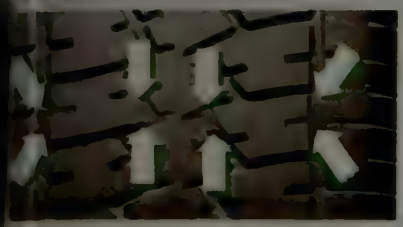
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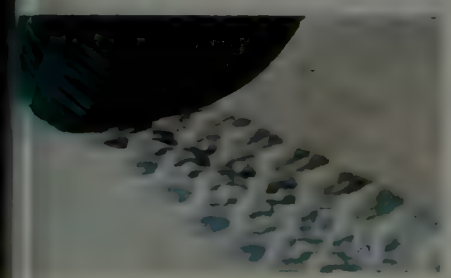
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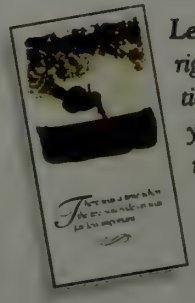


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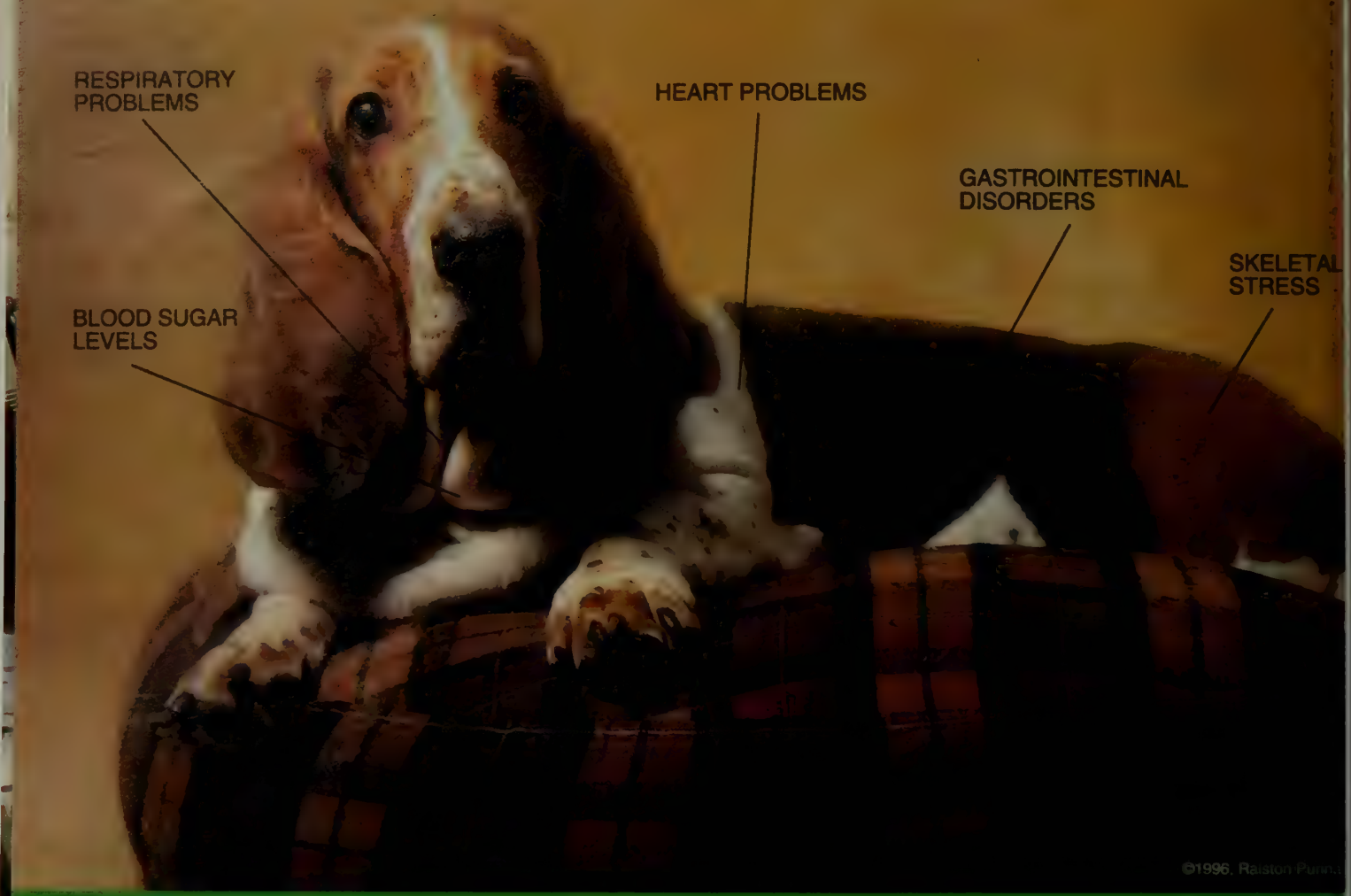
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CONTENTS

April 1996

VOLUME 74 NUMBER 4

155
On the Cover: Carefree Roses—*A rose lover recommends her low-care favorites*





187
Back to the Country
A city-bred family puts down roots in the Iowa countryside

197
Natural Connections
A casual lakeside retreat is ideal for enjoying the water and the woods





208
Our Daily Pasta
Satisfy your family's passion for pasta with our quick dishes

FRIENDS AND FAMILY

Editor's Letter 12
Family Network® *Readers' solutions to family problems* 20
BH&G Kids™ *Birthday parties* 280
The Man Next Door® *Writes about family, friends, and neighbors* 302

GARDENING

Aiming High with Vines *Climbers paint the yard with bloom* 133
Gardener's Almanac *How to make a big container heftable* 152
Carefree Roses *These beauties fend for themselves* 155
Garden Companions *Making matches that look good together* 167

DESIGN

Style in the Making™ *Clever backsplashes you can create* 31
Wicker Picker Uppers *Style makeovers with paint and fabric* 38
The Decorating Shop *Precious pillow sachets* 51
Picking Patterns for Walls 62
Color Balance *Tipping the scales to more dramatic rooms* 63
Cottage Garden Frame *A picture frame you sew* 64
Fancy Framework *Slip your favorite photographs into this lacy sensation* 71

continued on page 8

Cover Photograph: Eric Roth

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continued from page 7

Room Arranging Dos and Don'ts *Common problems solved*.....73
Hands-On Decorating *Tour this family home for creative ideas*.....179

BUILDING

A Master Closet *Storing it in style*.....48
Island Kitchens *Sited to save you steps*.....52
Stylish Storage Bench *A welcome idea for your entrance*.....70
Enter Our 1996 Home Improvement Contest.....77
Tips, Tools, & Techniques.....116
A Backyard Cottage *Perfect for teenagers or guests*.....130
Back to the Country *Laid-back living on an acreage*.....187
Natural Connections *Lakeside vacation haven*.....197
Quality Home Plan *Homespun traditions*.....276

FAMILY MATTERS

Parenting *Way past bedtime*.....80
Education *Earn a degree without going to college*.....84
Our Environment *The internet goes green*.....112
Auto Update *Bigger is safer*.....290

HEALTH

Potassium Power *Foods that pack a punch*.....90
Good Food/Good Health *How to be a nutrition detective*.....92
Is Your Pharmacist a Good Doctor?.....96
Fitness Matters *Good news about shaping up*.....102
Long-Term Health Care *Are you prepared?*.....106

FOOD

Our Daily Pasta *Streamlined recipes for every night of the week*.....208
Portobellissimo! *The giant of the mushroom world*.....244
The Clever Cook™.....246
The Cream Cheese Choice.....250
Just-for-Kids Vegetables.....252
Grilled Lamb Made Easy *Petite roasts for intimate dinners*.....254
Treasures of the Sea *Rich, succulent crab*.....256
Sunday Dinner at Mom's *She's serving pot roast, of course*.....258
Shed No Tears *Spring for these sweet onions*.....260
Kids' Pizza *Yummy! Peanut butter and chocolate*.....262
Rhubarb Takes the Cake.....264
Fire Up! It's Spring! *Gas grill cleanup tips*.....267
Win Money and Prizes for Your Recipes.....268
A Root to Taste *Try horseradish for springtime zing*.....270
Prize Tested Recipes® *Tortilla Ideas, Spring Side Dishes*.....273

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers*.....204
Directory of Architects and Designers.....278
Reader Shopping
Adirondack Furniture Project Plans.....74
Bird Mobiles Project Plan.....75
Hardy, Carefree Shrub Roses.....120
Summer Flowering Bulbs.....124
Birthday Party Celebration Gear.....288
The Shopper's Mart.....294

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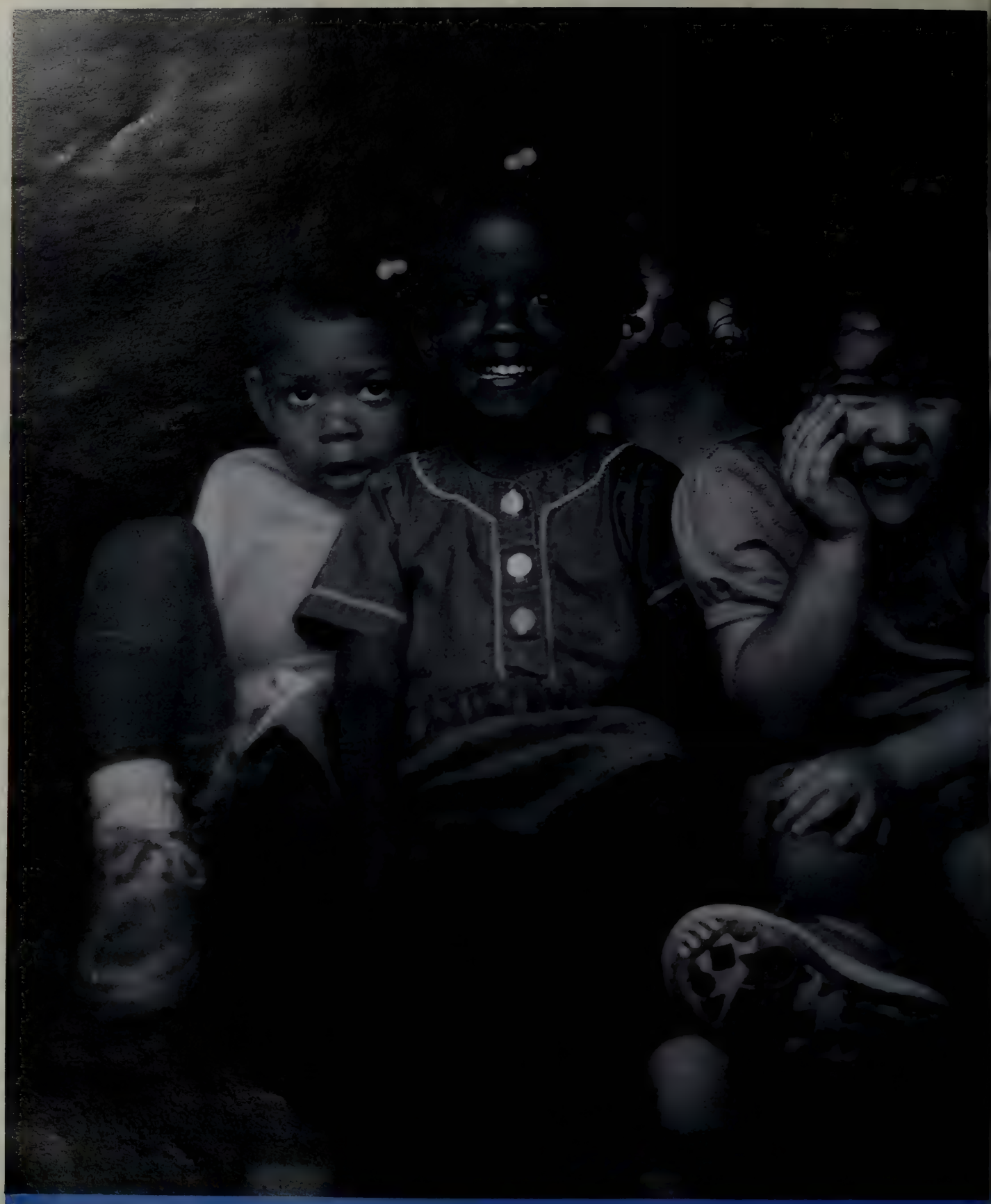
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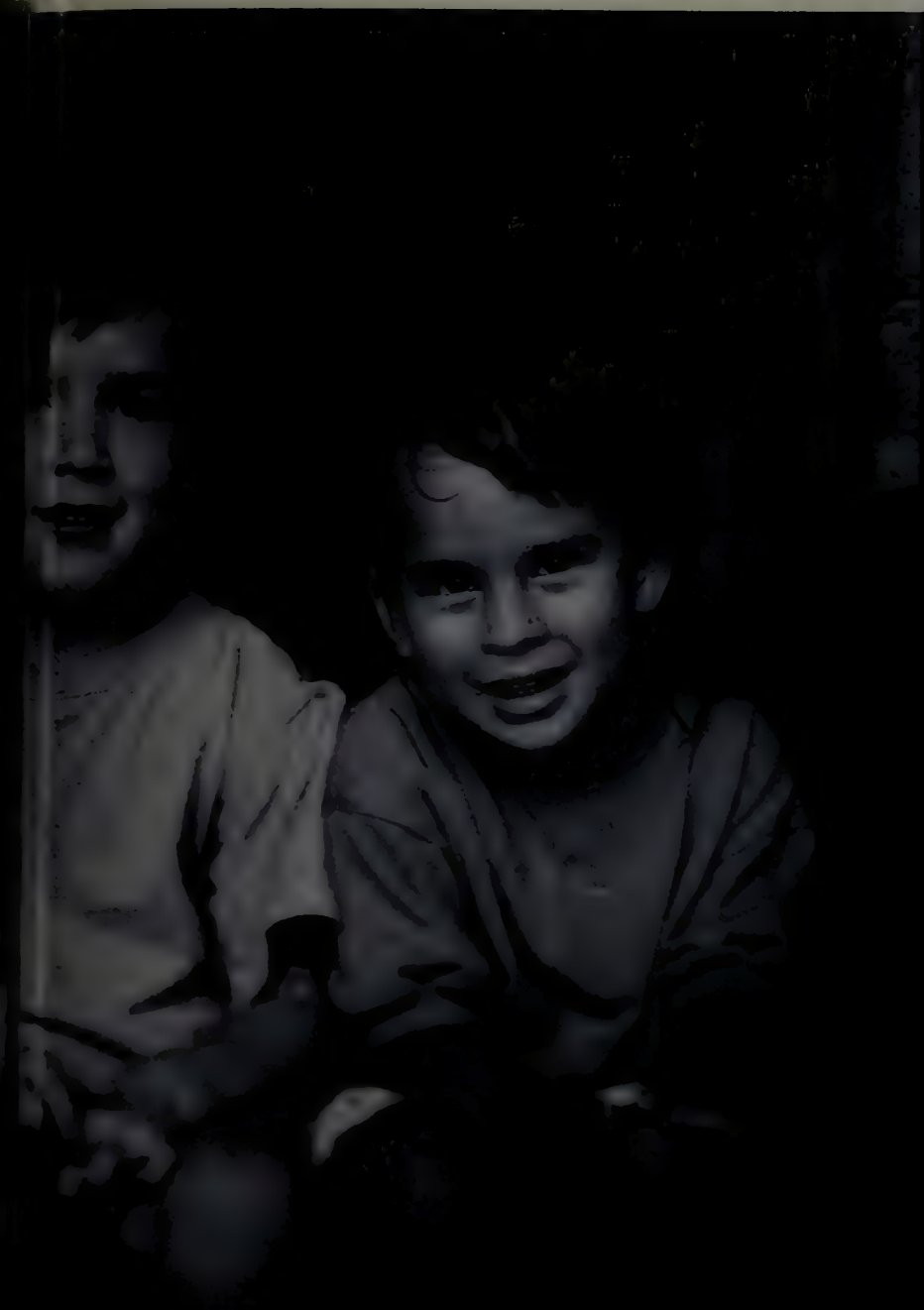
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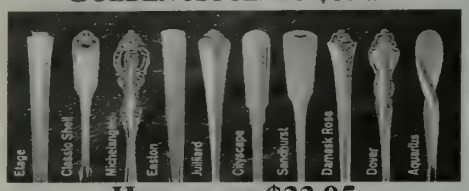
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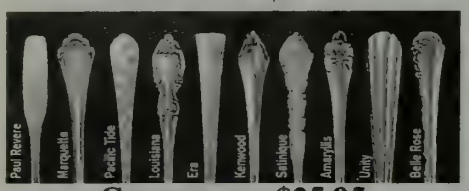
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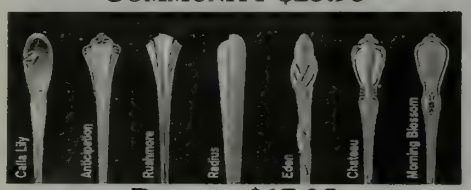
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Pierced Tablespoon	36.50	17.35	29.50	13.85	22.00	10.65	15.50	7.45
Gravy Ladle	36.50	17.35	29.50	13.85	22.00	10.65	15.50	7.45
Cold Meat Fork	36.50	17.35	29.50	13.85	22.00	10.65	15.50	7.45
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ANDY LYONS

Talk about living off the land—or *giving* off the land! At this time of year, every teacher in every country elementary school has students marching into class with their little fists full of flowers—snitched from Mom's garden, picked in the woods, or grasped hastily from roadside ditches before the school bus came. I know, because I was one of those flower children long before the '60s variety came on the scene.

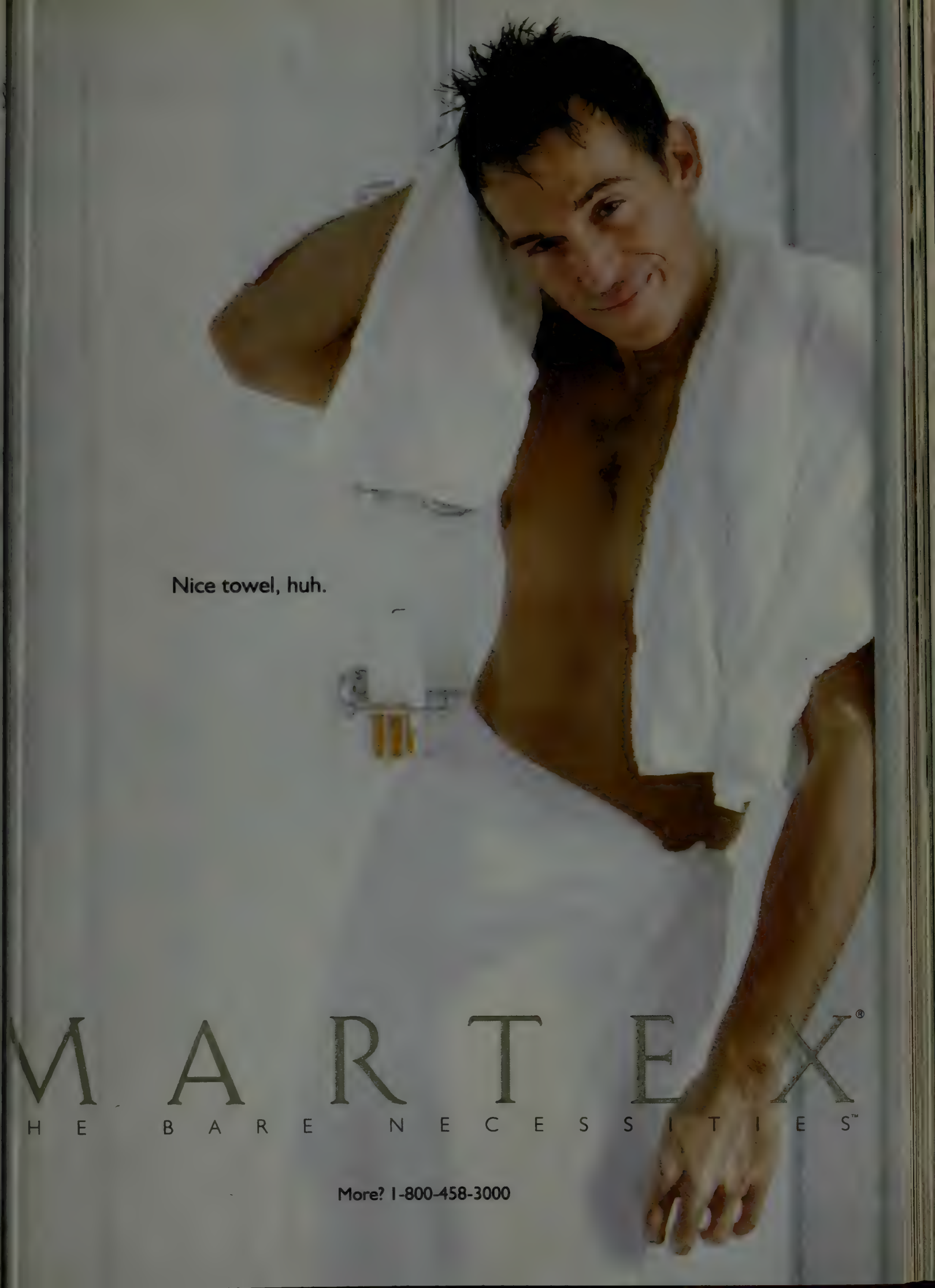
The moment winter's snow left, I looked for the bloodroots to appear. Then the Dutchman's-breeches, jack-in-the-pulpits, and trilliums—all destined to find their way to school in either a waxed-paper-wrapped nosegay or a cast-off jelly jar.

I wonder if kids today still do that. It wouldn't be hard to find out, because the *Better Homes and Gardens*® staff is abundantly blessed with offspring of all ages. As a matter of fact, five of our staff's kids are graduating from high school this spring; surely, some of them have charmed their teachers with floral tributes over the years. And I suspect *BH&G* kids brought fancier flowers than I did. Nearly everyone on this magazine's staff is a gardener of some sort—ranging from amateur to pro. And that's why an issue like this one, loaded with garden stories and beautiful photos, is bound to be one of our favorites of the year. It's a sure sign spring is back again!

So teachers, bring some vases to school. The parade of posies could start anytime now.

Jean LemMon

Jean LemMon, *Editor in Chief*


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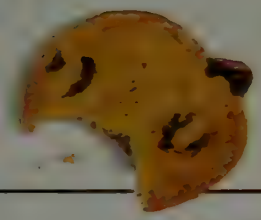
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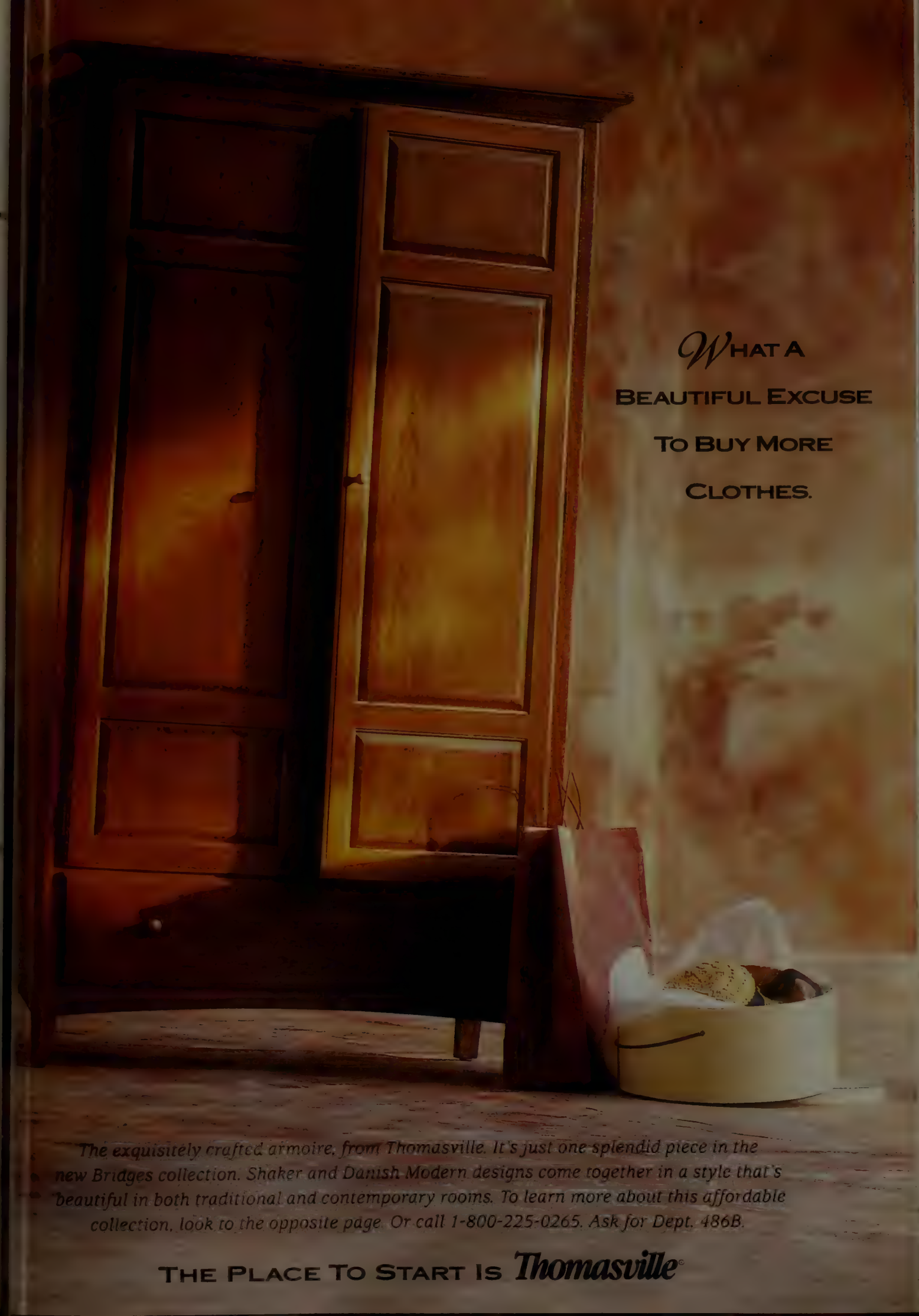
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family network

READERS' SOLUTIONS

SPACE ORGANIZER

To help our family stay organized and prevent morning panic, we have a "space station" by our door. A decorated box serves as our "launch pad." After school, the kids place their things neatly in one place for "splash down." Before bedtime, they place backpacks, lunch money, etc., on the launch pad. Now my kids call out, "Mom, my homework's done! Can we get ready for 'blast off?' "

Debra Darby
Albuquerque, N. M.

BATHTUB PICASSO

My daughter was a young Picasso, and I wanted to encourage her...but the mess! Her finger paints got everywhere. Solution? I place her in the empty bathtub on an old towel and watch as she gleefully finger paints the tub sides. Afterward, I simply shower the tub clean.

Laurel Page Bowen
Toluca Lake, Calif.

LOVING LIPS

I am a working mom of three children. On mornings when I have to leave before they awake, I give them a lipstick kiss on the back of their hands. They look for the print when they wake up, knowing Mom said, "Goodbye, and I love you!"

Cheriee Hogeland
Cedar Falls, Ia.

RESOLVING CONFLICT

My teenage son and his friend nearly came to blows over a misunderstanding. Each boy was convinced he was right. I asked each one to write a statement of his own account. Neither was allowed to speak until both were finished. Then I had th read each other's statements and questions. They were surprised find out it was all a simple misunc standing.

Beverly Ga
Ozark,

TAG THOSE ANIMALS

My children bring their stuffed mals with them everywhere we I've always worried that we'd one, so I had dog tags made for e stuffed toy. The tag—imprinted v the animal's name, my child's name, and our telephone numbe is pinned to each toy's tail.

Margaret Ogono
Pelham, N

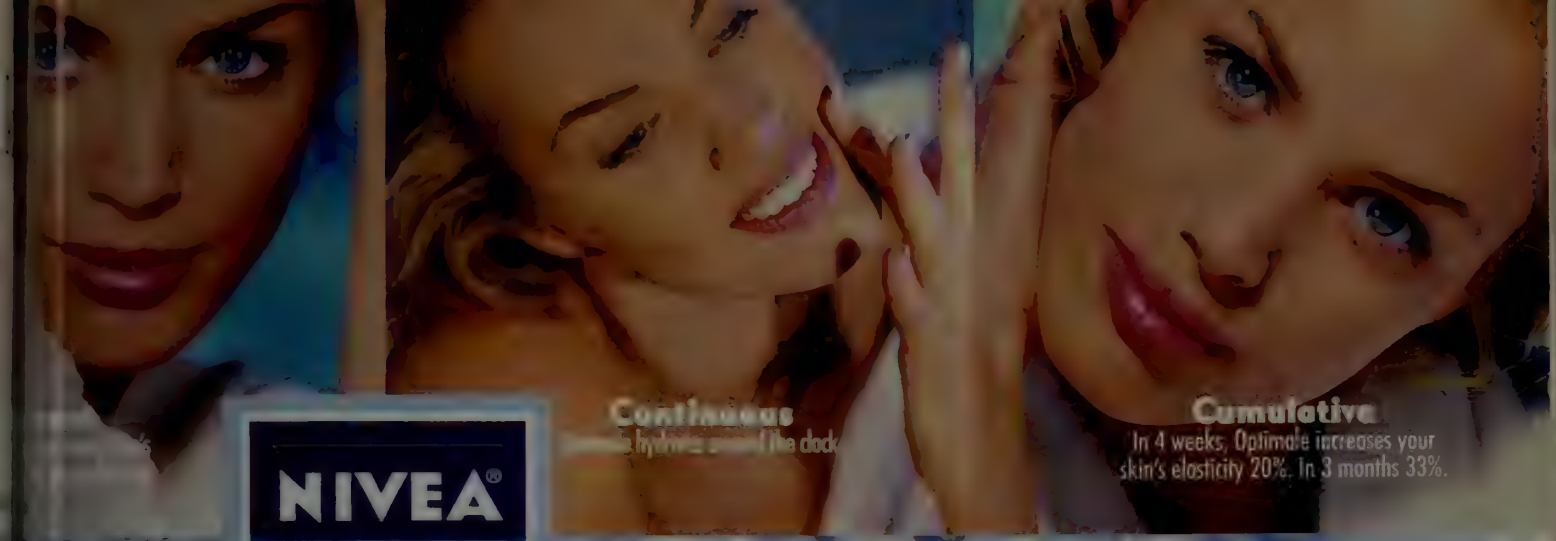
STRAY CAT CARE

After noticing several people in apartment building feeding and ing for stray cats, we started chipp in money to care for them. money goes toward getting shots having them fixed. The cats rem strays but are healthy, and there no new litters.

Kristi Schr
Miami,

WRITE TO US

Do you have an innovative solution to problem in your family, neighborhood, community? Family Network would like hear from you. Write to: Family Netwo Better Homes and Gardens, 1716 Locust S Des Moines, IA 50309-3023. Please lim replies to 100 words or less. Letters may edited for space. All letters become t property of *Better Homes and Gardens*®. W will pay $50 for each idea published, if y provide your Social Security number.



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IF YOU CAN'T SLEEP, IT'S TIME TO WAKE UP



one of the millions of people

ught in the vicious cycle of

he sleep you so desperately

does it seem like no matter

, you can't find relief?

o wake up and smell the coffee.

re's something you can do.

doctor. He can show you

op doing, and things to start

u want to get back to sleeping

he way you were used to.

ne situations, he may pre-

eep medication that you can

short-term basis when you



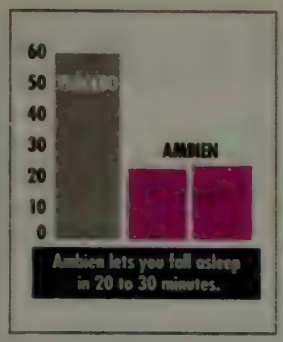
have trouble sleeping. One of these sleep medications is called Ambien® (zolpi-

te). It, along with appropriate

anges, may help you get back

rmal sleep pattern and routine.

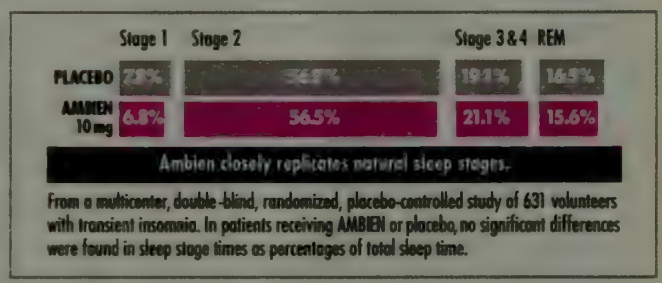
Ambien will usually put you to sleep quickly. You can take it and not have to wait hours for it to work. Generally, in about twenty minutes, you'll fall asleep.



Ambien is effective. It may help you get back to a natural way of sleeping. Also, Ambien leaves your system quickly, so you're less likely to be tired the next day and more likely to feel rested and refreshed in the morning.

Your doctor will make you aware that you should only take Ambien when you can devote a full 7 to 8 hours to sleep. You should not engage in activities requiring complete alertness, such as driving a car, until you know how you react to this medicine. And he may also alert you to some side effects that may be associated with Ambien:

- Drowsiness, dizziness, lightheadedness, and difficulty with coordination. Some people may also experience confusion, memory problems, and changes in behavior.
- Sleep medicines may cause dependence, especially when these medicines are used daily for longer than a few weeks or at high doses.



So, if you're having a sleep problem, you may not have to live with it anymore. See your doctor, and ask him whether Ambien may be appropriate for you. Isn't it time for you to go to sleep?

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Please see next page for brief summary and discuss it with your physician.

Ambien® C-IV (zolpidem tartrate)

BRIEF SUMMARY

INDICATIONS AND USAGE

Ambien (zolpidem tartrate) is indicated for the short-term treatment of insomnia. Hypnotics should generally be limited to 7 to 10 days of use, and reevaluation of the patient is recommended if they are to be taken for more than 2 to 3 weeks.

Ambien should not be prescribed in quantities exceeding a 1-month supply (see *Warnings*).

CONTRAINDICATIONS

None known.

WARNINGS

Since sleep disturbances may be the presenting manifestation of a physical and/or psychiatric disorder, symptomatic treatment of insomnia should be initiated only after a careful evaluation of the patient. The failure of insomnia to remit after 7 to 10 days of treatment may indicate the presence of a primary psychiatric and or medical illness which should be evaluated. Worsening of insomnia or the emergence of new thinking or behavior abnormalities may be the consequence of an unrecognized psychiatric or physical disorder. Such findings have emerged during the course of treatment with sedative/hypnotic drugs, including Ambien. Because some of the important adverse effects of Ambien appear to be dose related (see *Precautions* and *Dosage and Administration*), it is important to use the smallest possible effective dose, especially in the elderly.

A variety of abnormal thinking and behavior changes have been reported to occur in association with the use of sedative/hypnotics. Some of these changes may be characterized by decreased inhibition (eg, aggressiveness and extroversion that seemed out of character), similar to effects produced by alcohol and other CNS depressants. Other reported behavioral changes have included bizarre behavior, agitation, hallucinations, and depersonalization. Amnesia and other neuropsychiatric symptoms may occur unpredictably. In primarily depressed patients, worsening of depression, including suicidal thinking, has been reported in association with the use of sedative/hypnotics.

It can rarely be determined with certainty whether a particular instance of the abnormal behaviors listed above are drug induced, spontaneous in origin, or a result of an underlying psychiatric or physical disorder. Nonetheless, the emergence of any new behavioral sign or symptom of concern requires careful and immediate evaluation.

Following the rapid dose decrease or abrupt discontinuation of sedative/hypnotics, there have been reports of signs and symptoms similar to those associated with withdrawal from other CNS-depressant drugs (see *Drug Abuse and Dependence*).

Ambien, like other sedative/hypnotic drugs, has CNS-depressant effects. Due to the rapid onset of action, Ambien should only be ingested immediately prior to going to bed. Patients should be cautioned against engaging in hazardous occupations requiring complete mental alertness or motor coordination such as operating machinery or driving a motor vehicle after ingesting the drug, including potential impairment of the performance of such activities that may occur the day following ingestion of Ambien. Ambien showed additive effects when combined with alcohol and should not be taken with alcohol. Patients should also be cautioned about possible combined effects with other CNS-depressant drugs. Dosage adjustments may be necessary when Ambien is administered with such agents because of the potentially additive effects.

PRECAUTIONS

General

Use in the elderly and/or debilitated patients: Impaired motor and/or cognitive performance after repeated exposure or unusual sensitivity to sedative/hypnotic drugs is a concern in the treatment of elderly and/or debilitated patients. Therefore, the recommended Ambien dosage is 5 mg in such patients (see *Dosage and Administration*) to decrease the possibility of side effects. These patients should be closely monitored.

Use in patients with concomitant illness: Clinical experience with Ambien in patients with concomitant systemic illness is limited. Caution is advisable in using Ambien in patients with diseases or conditions that could affect metabolism or hemodynamic responses. Although studies did not reveal respiratory depressant effects at hypnotic doses of Ambien in normals or in patients with mild to moderate chronic obstructive pulmonary disease (COPD), precautions should be observed if Ambien is prescribed to patients with compromised respiratory function, since sedative/hypnotics have the capacity to depress respiratory drive. Post-marketing reports of respiratory insufficiency, most of which involved patients with pre-existing respiratory impairment, have been received. Data in end-stage renal failure patients repeatedly treated with Ambien did not demonstrate drug accumulation or alterations in pharmacokinetic parameters. No dosage adjustment in renally impaired patients is required; however, these patients should be closely monitored (see *Pharmacokinetics*). A study in subjects with hepatic impairment did reveal prolonged elimination in this group; therefore, treatment should be initiated with 5 mg in patients with hepatic compromise, and they should be closely monitored.

Use in depression: As with other sedative/hypnotic drugs, Ambien should be administered with caution to patients exhibiting signs or symptoms of depression. Suicidal tendencies may be present in such patients and protective measures may be required. Intentional overdosage is more common in this group of patients; therefore, the least amount of drug that is feasible should be prescribed for the patient at any one time.

Information for patients: Patient information is printed in the complete prescribing information and is available in pads for distribution to patients.

Laboratory tests: There are no specific laboratory tests recommended.

Drug interactions

CNS-active drugs: Ambien was evaluated in healthy volunteers in single-dose interaction studies for several CNS drugs. A study involving haloperidol and zolpidem revealed no effect of haloperidol on the pharmacokinetics or pharmacodynamics of zolpidem. Imipramine in combination with zolpidem produced no pharmacokinetic interaction other than a 20% decrease in peak levels of imipramine, but there was an additive effect of decreased alertness. Similarly, chlorpromazine in combination with zolpidem produced no pharmacokinetic interaction, but there was an additive effect of decreased alertness and psychomotor performance. The lack of a drug interaction following single-dose administration does not predict a lack following chronic administration.

An additive effect on psychomotor performance between alcohol and zolpidem was demonstrated.

Since the systematic evaluations of Ambien in combination with other CNS-active drugs have been limited, careful consideration should be given to the pharmacology of any CNS-active drug to be used with zolpidem. Any drug with CNS-depressant effects could potentially enhance the CNS-depressant effects of zolpidem.

Other drugs: A study involving cimetidine/zolpidem and ranitidine/zolpidem combinations revealed no effect of either drug on the pharmacokinetics or pharmacodynamics of zolpidem. Zolpidem had no effect on digoxin kinetics and did not affect prothrombin time when given with warfarin in normal subjects. Zolpidem's sedative/hypnotic effect was reversed by flumazenil; however, no significant alterations in zolpidem pharmacokinetics were found.

Drug/Laboratory test interactions: Zolpidem is not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, mutagenesis, impairment of fertility

Carcinogenesis: Zolpidem was administered to rats and mice for 2 years at dietary dosages of 4, 18, and 80 mg/kg/day. In mice, these doses are 26 to 520 times or 2 to 35 times the maximum human dose on a mg/kg or mg/m^2 basis, respectively. In rats these doses are 45 to 876 times or 6 to 115 times the maximum 10-mg human dose on a mg/kg or mg/m^2 basis, respectively. No evidence of carcinogenic potential was observed in mice. Renal liposarcomas were seen in 4/100 rats (3 males, 1 female) receiving 80 mg/kg/day and a renal lipoma was observed in one male rat at the 18 mg/kg/day dose. Incidence rates of lipoma and liposarcoma for zolpidem were comparable to those seen in historical controls and the tumor findings are thought to be a spontaneous occurrence.

Mutagenesis: Zolpidem did not have mutagenic activity in several tests including the Ames test, genotoxicity in mouse lymphoma cells in vitro, chromosomal aberrations in cultured human lymphocytes, unscheduled DNA synthesis in rat hepatocytes in vitro, and the micronucleus test in mice.

Impairment of fertility: In a rat reproduction study, the mid dose (100 mg base/kg) of zolpidem resulted in irregular estrus cycles and prolonged precoital intervals, but there was no effect on male or female fertility after daily oral doses of 4 to 100 mg base/kg or 5 to 130 times the recommended human dose in mg/m^2. No effects on any other fertility parameters were noted.

Pregnancy

Category B. Studies to assess the effects of zolpidem on human reproduction and development have not been conducted.

Teratology studies were conducted in rats and rabbits.

In rats, adverse maternal and fetal effects occurred at 20 and 100 mg base/kg and included dose-related maternal lethargy and ataxia and a dose-related trend to incomplete ossification of fetal skull bones.

In rabbits, dose-related maternal sedation and decreased weight gain occurred at all doses tested. At the high dose, 16 mg base/kg, there was an increase in postimplantation fetal loss and underossification of sternebrae in viable fetuses.

This drug should be used during pregnancy only if clearly needed.

Nonteratogenic effects: Studies to assess the effects on children whose mothers took zolpidem during pregnancy have not been conducted. However, children born of mothers taking sedative/hypnotic drugs may be at some risk for withdrawal symptoms from the drug during the postnatal period. In addition, neonatal flaccidity has been reported in infants born of mothers who received sedative/hypnotic drugs during pregnancy.

Labor and delivery: Ambien has no established use in labor and delivery.

Nursing mothers: Studies in lactating mothers indicate that between 0.004 and 0.019% of the total administered dose is excreted into milk, but the effect of zolpidem on the infant is unknown.

The use of Ambien in nursing mothers is not recommended.

Safety and effectiveness in children below the age of 18 have not been established.

Geriatric use: A total of 154 patients in U.S. controlled clinical trials and 897 patients in non-U.S. clinical trials who received zolpidem were ≥60 years of age. For a pool of U.S. patients receiving zolpidem at doses of ≤10 mg or placebo, there were three adverse events occurring at an incidence of at least 3% for zolpidem and for which the zolpidem incidence was at least twice the placebo incidence (ie, they could be considered drug related).

Adverse Event	Zolpidem	Placebo
Dizziness	3%	0%
Drowsiness	5%	2%
Diarrhea	3%	1%

A total of 30/1,959 (1.5%) non-U.S. patients receiving zolpidem reported falls, including 28/30 (93%) who were ≥70 years of age. Of these 28 patients, 23 (82%) were receiving zolpidem doses >10 mg. A total of 24/1,959 (1.2%) non-U.S. patients receiving zolpidem reported confusion, including 18/24 (75%) who were ≥70 years of age. Of these 18 patients, 14 (78%) were receiving zolpidem doses >10 mg.

ADVERSE REACTIONS

Associated with discontinuation of treatment: Approximately 4% of 1,701 patients who received zolpidem at all doses (1.25 to 90 mg) in U.S. pre-marketing clinical trials discontinued treatment because of an adverse clinical event. Events most commonly associated with discontinuation from U.S. trials were daytime drowsiness (0.5%), dizziness (0.4%), headache (0.5%), nausea (0.6%), and vomiting (0.5%).

Approximately 4% of 1,959 patients who received zolpidem at all doses (1 to 50 mg) in similar foreign trials discontinued treatment because of an adverse event. Events most commonly associated with discontinuation from these trials were daytime drowsiness (1.1%), dizziness/vertigo (0.8%), amnesia (0.5%), nausea (0.5%), headache (0.4%), and falls (0.4%).

Incidence in controlled clinical trials

Most commonly observed adverse events in controlled trials: During short-term treatment (up to 10 nights) with Ambien at doses up to 10 mg, the most commonly observed adverse events associated with the use of zolpidem and seen at statistically significant differences from placebo-treated patients were drowsiness (reported by 2% of zolpidem patients), dizziness (1%), and diarrhea (1%). During longer-term treatment (28 to 35 nights) with zolpidem at doses up to 10 mg, the most commonly observed adverse events associated with the use of zolpidem and seen at statistically significant differences from placebo-treated patients were dizziness (5%) and drugged feelings (3%).

Incidence of Treatment-Emergent Adverse Experiences in Short-term Placebo-Controlled Clinical Trials
(Percentage of patients reporting)

Body System/ Adverse Event*	Zolpidem (≤10 mg) (N=685)	Placebo (N=473)
Central and Peripheral Nervous System		
Headache	7	6
Drowsiness	2	–
Dizziness	1	–
Gastrointestinal System		
Nausea	2	3
Diarrhea	1	–
Musculoskeletal System		
Myalgia	1	2

*Events reported by at least 1% of Ambien patients are included.

Incidence of Treatment-Emergent Adverse Experiences in Long-term Placebo-Controlled Clinical Trials
(Percentage of patients reporting)

Body System/ Adverse Event*	Zolpidem (≤10 mg) (N=152)	Placebo (N=161)
Autonomic Nervous System		
Dry mouth	3	1
Body as a Whole		
Allergy	4	1
Back pain	3	2
Influenza-like symptoms	2	–
Chest pain	1	–
Fatigue	1	2
Cardiovascular System		
Palpitation	2	–
Central and Peripheral Nervous System		
Headache	19	22
Drowsiness	8	5
Dizziness	5	1
Lethargy	3	1
Drugged feeling	3	–
Lightheadedness	2	1
Depression	2	1
Abnormal dreams	1	–
Amnesia	1	–
Anxiety	1	1
Nervousness	1	3
Sleep disorder	1	–
Gastrointestinal System		
Nausea	6	8
Dyspepsia	5	6
Diarrhea	3	2
Abdominal pain	2	2
Constipation	2	1
Anorexia	1	1
Vomiting	1	1

Incidence of Treatment-Emergent Adverse Experien... Long-term Placebo-Controlled Clinical Trials (Con...
(Percentage of patients reporting)

Body System/ Adverse Event*	Zolpidem (≤10 mg) (N=152)
Immunologic System	
Infection	1
Musculoskeletal System	
Myalgia	7
Arthralgia	4
Respiratory System	
Upper respiratory infection	5
Sinusitis	4
Pharyngitis	3
Rhinitis	1
Skin and Appendages	
Rash	2
Urogenital System	
Urinary tract infection	2

*Events reported by at least 1% of patients treated with ...

There is evidence from dose comparison trials suggesting ... tionship for many of the adverse events associated with zolpi... ticularly for certain CNS and gastrointestinal adverse events.

Adverse events are further classified and enumerated ... decreasing frequency using the following definitions: freq... events are defined as those occurring in greater than 1/100 s... quent adverse events are those occurring in 1/100 to 1/1,000 ... events are those occurring in less than 1/1,000 patients.

Frequent: abdominal pain, abnormal dreams, allergy, amnes... anxiety, arthralgia, asthenia, ataxia, back pain, chest pain, co... stipation, depression, diarrhea, diplopia, dizziness, drowsin... feeling, dry mouth, dyspepsia, euphoria, fatigue, headache, h... tion, influenza-like symptoms, insomnia, lethargy, lightheade... gia, nausea, nervousness, palpitation, sleep disorder, vertigo, ... mal, vomiting.

Infrequent: abnormal hepatic function, agitation, arthritis, bro... brovascular disorder, coughing, cystitis, decreased cognitio... difficulty concentrating, dysarthria, dysphagia, dyspnea, edem... lability, eye irritation, eye pain, falling, fever, flatulence, ga... hallucination, hyperglycemia, hypertension, hypoesthes... increased SGPT, increased sweating, leg cramps, malaise, m... order, migraine, pallor, paresthesia, postural hypotension, pn... tis, sleeping (after daytime dosing), speech disorder, stup... tachycardia, taste perversion, thirst, tinnitus, trauma, tren... incontinence, vaginitis.

Rare: abdominal body sensation, abnormal accommodation, ... gait, abnormal thinking, abscess, acne, acute renal failure, agg... tion, allergic reaction, allergy aggravated, altered saliva, ... shock, anemia, angina pectoris, apathy, appetite increased, ... arteritis, arthrosis, bilirubinemia, breast fibroadenosis, breas... breast pain, bronchospasm, bullous eruption, circulatory fail... tivitis, corneal ulceration, decreased libido, delusion, dementi... alization, dermatitis, dysphasia, dysuria, enteritis, epistaxis, ... esophagospasm, extrasystoles, face edema, feeling strang... furunculosis, gastritis, glaucoma, gout, hemorrhoids, herp... herpes zoster, hot flashes, hypercholesteremia, hyperhemo... hyperlipidemia, hypertension aggravated, hypokinesia, h... hypotonia, hypoxia, hysteria, impotence, increased alkaline p... increased BUN, increased ESR, increased saliva, increased S... tion-site inflammation, intestinal obstruction, intoxicated feeli... tion abnormal, laryngitis, leukopenia, lymphadenopathy, ... anemia, manic reaction, micturition frequency, muscle weakne... dial infarction, neuralgia, neuritis, neuropathy, neurosis, no... externa, otitis media, pain, panic attacks, paresis, parosmia ... edema, personality disorder, phlebitis, photopsia, photosens... tion, pneumonia, polyuria, pulmonary edema, pulmonary emb... pura, pyelonephritis, rectal hemorrhage, renal pain, restless ... sciatica, somnambulism, suicide attempts, tendinitis, tenesm... thrombosis, tolerance increased, tooth caries, urinary retentio... varicose veins, ventricular tachycardia, weight decrease, yawn...

DRUG ABUSE AND DEPENDENCE

Controlled substance: Schedule IV.

Abuse and dependence: Studies of abuse potential in former d... found that the effects of single doses of zolpidem tartrate 40 m... ilar, but not identical, to diazepam 20 mg, while zolpidem tar... was difficult to distinguish from placebo.

Sedative/hypnotics have produced withdrawal signs and sy... lowing abrupt discontinuation. These reported symptoms rang... dysphoria and insomnia to a withdrawal syndrome that m... abdominal and muscle cramps, vomiting, sweating, tremors, ... sions. The U.S. clinical trial experience from zolpidem does no... clear evidence for withdrawal syndrome. Nevertheless, the... adverse events included in DSM-III-R criteria for uncomplicate... hypnotic withdrawal were reported at an incidence of ≤1% duri... ical trials following placebo substitution occurring within 48 h... ing last zolpidem treatment: fatigue, nausea, flushing, lighth... uncontrolled crying, emesis, stomach cramps, panic attack, ne... and abdominal discomfort.

Individuals with a history of addiction to, or abuse of, drugs ... are at risk of habituation and dependence; they should be un... surveillance when receiving any hypnotic.

OVERDOSAGE

Signs and symptoms: In European postmarketing reports of ove... zolpidem alone, impairment of consciousness has ranged fr... lence to light coma, with one case each of cardiovascular and ... compromise. Individuals have fully recovered from zolpidem ta... doses up to 400 mg (40 times the maximum recommended d... dose cases involving multiple CNS-depressant agents, including ... have resulted in more severe symptomatology, including fatal ...

Recommended treatment: General symptomatic and supportiv... should be used along with immediate gastric lavage where a... Intravenous fluids should be administered as needed. Flumaze... useful. Respiration, pulse, blood pressure, and other approp... should be monitored and general supportive measures employ... ing drugs should be withheld following zolpidem overdosage. Z... not dialyzable.

The possibility of multiple drug ingestion should be conside...

Caution: Federal law prohibits dispensing without prescription.

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By Janice Anne Pelletier

en you're fat, people try to feed you! specially other fat people. They seem pushing food your way. And their ne is, "C'mon, eat ... enjoy ... you can morrow."

ame is Janice Pelletier. You don't e from Adam. But, I'm a real person. n Paper Mill Road near Marrietta, . And, up until two years ago, I was person everyone wanted to feed.

ife was a mess. I spent $595.00 on a ym that didn't work. I tried drugstore s but they made me nervous. I was an assment to my husband. And to my was the "mommie" who was "fat".) So I

Some days I'd just drive around in ation wagon eating 6 or 7 chocolate- donuts. I knew I was out of control. I 6" and weighed 211.

nt to my doctor for help. But I wasn't stic. During the past six years I had 3 *different* diets. One by one. And t all of them.

doctor listened carefully, then recom- d an entirely different program. This a "diet." It was a unique new weight-loss m researched by a team of bariatric ans — specialists who treat the y obese. The program itself was devel- y Dr. James Cooper of Atlanta, Georgia.

arted the program on January 7th. the first four days, I only lost 3 s. So I was disappointed. But during xt three weeks, my weight began to Rapidly. Within the next 182 days, I rom 211 pounds to 144 pounds.

reason the program worked was e: I was always eating. I could eat *six every day*. So I never felt deprived. hungry. I could snack in the afternoon. before dinner. I could even snack at while I was watching T.V.

w can you eat so much and still lose t?

e secret is not in the amount of food you 's in the *prescribed combination* of foods at in each 24-hour period. Nutritionally portions of special fiber, unrefined car- rates, and specific proteins that generate rie-burning process that continues all day .. a complete 24-hour cycle.

tabolism is evened out, so fat is burned around the clock. Not just in unhealthy s like many diets. That's why it lets you pounds without hunger. Without ner- ess.

And it's all good wholesome food. No pills. No shakes. No drugs. No strange food. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus delicious snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too ...

- Everything is available at your local supermarket.
- There are no powders. No chalky-tasting drinks to mix. No special pre-packaged foods to buy.
- There's no strenuous exercise program.
- You don't count calories. Just follow the simple instructions in the program. It's easy.
- It's low in sodium, so you don't hold water.
- You eat the foods you really enjoy. Great variety. Great taste.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you can keep it off. Permanently! Because you're not hungry all the time.

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's why they fail!

The Clinic-30 Program is different. It lets you *continue your normal eating lifestyle*. You can eat six times a day. So you can keep the weight off. Year after year.

Here are some other patients who entered Dr. Cooper's Clinic-30 Program with me ...

- Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

"In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain. Both my wife and I enjoy the meals."

- Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 8½ months.

"I believe I was a participant in every weight-reducing plan there ever was. I failed at all of them. Then, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound."

And there's me. About two years ago — after I'd lost 67 pounds — my husband and I were getting ready to go out for dinner. As I brushed by him in the living room, he caught my arm and kissed me. At that moment, I unexpectedly caught sight of a skinny woman in the hall mirror. It was me. I hardly recognized myself. But I sure enjoyed getting used to it.

Obviously, I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Cooper has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There's *no obligation*. In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 960, 3603 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER

As your weight begins to drop, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight-loss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

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Save 20% on ColorAccents and Interior SuperPaint Luminous Whites with this coupon.

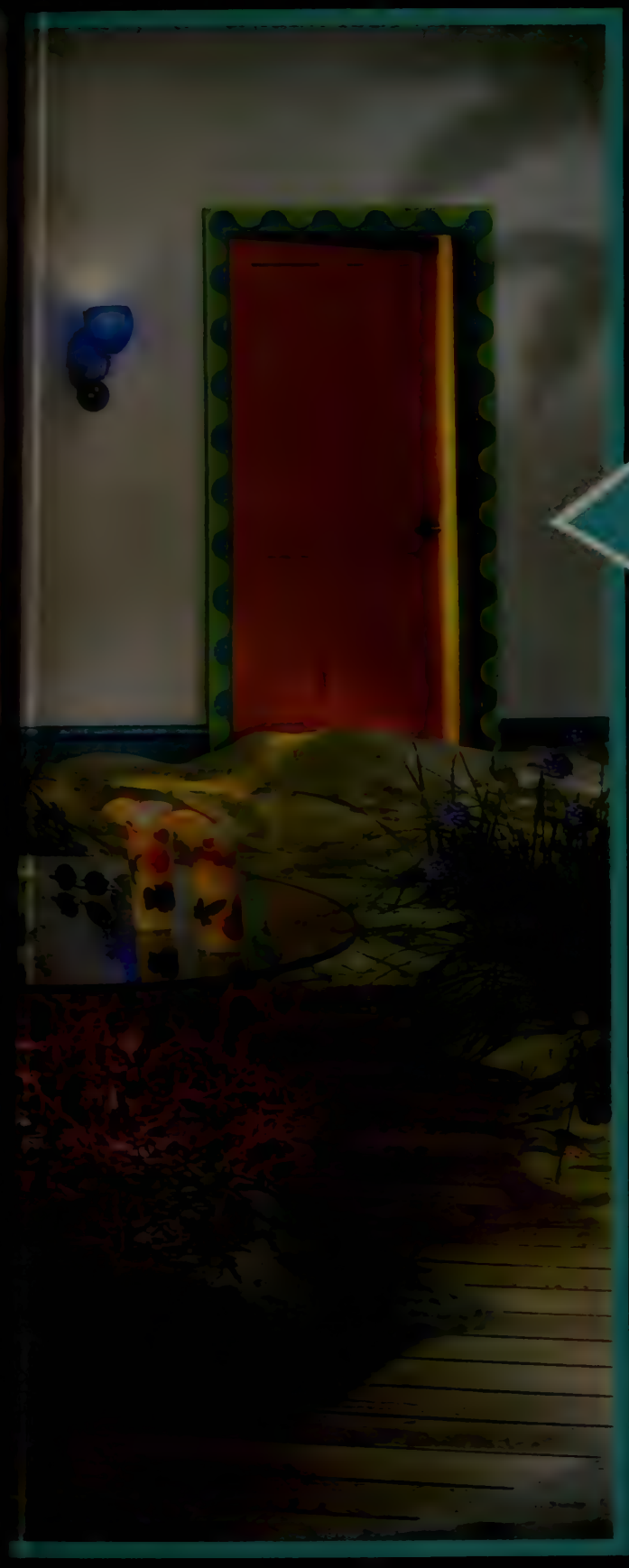
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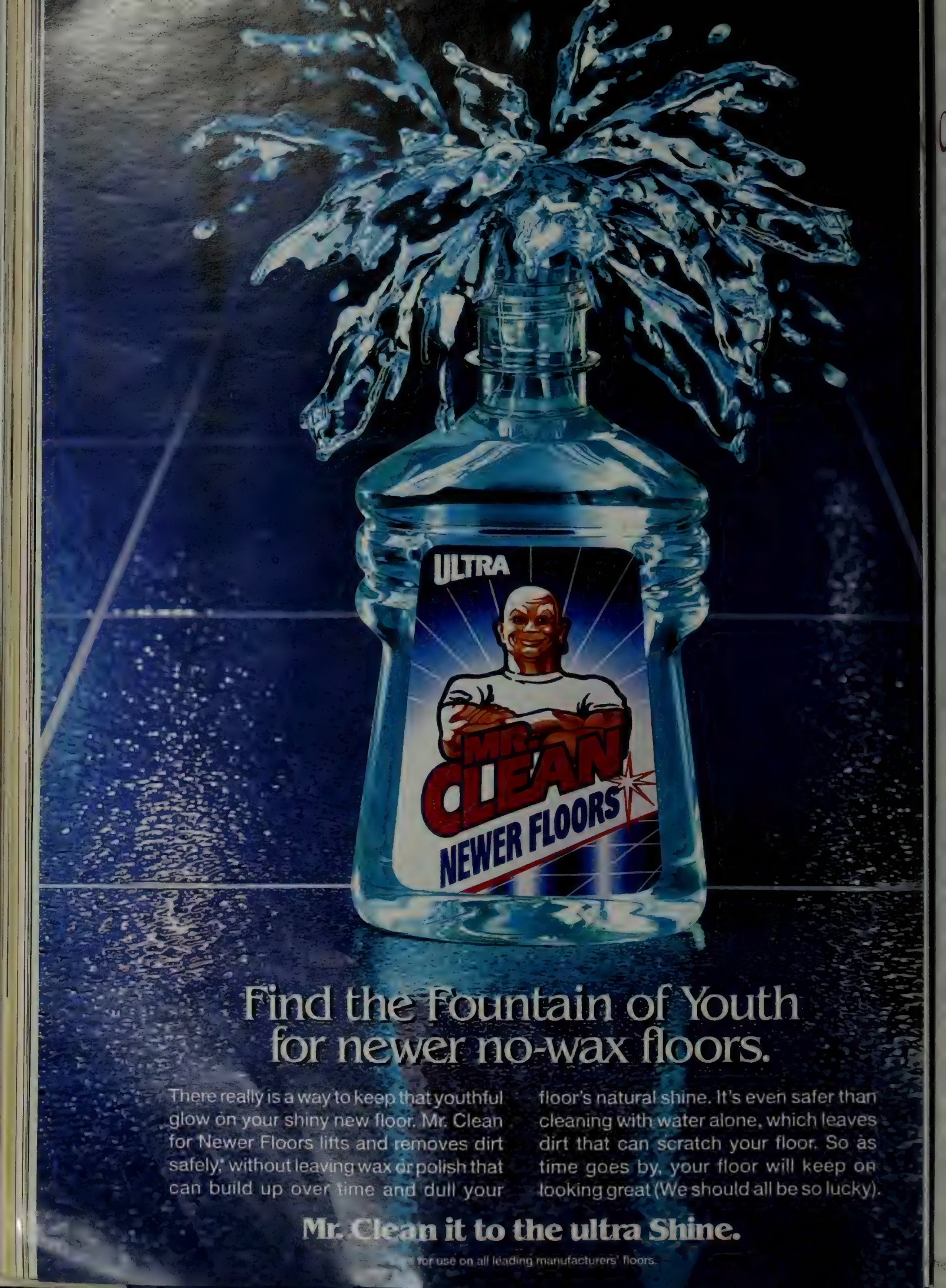
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for use on all leading manufacturers' floors.

clever backsplashes

Back your counters with witty designs that lend both protection and personality to your kitchen walls.



IT'S TIN, MAN

Reproduction embossed tin panels—usually relegated to the ceiling—step down to the wall.

Measure the space between countertop and cupboards. Using tin snips (available at hardware stores), trim the panels to fit that measurement. If the cut edge of the tin is rough, hammer the edge with a hard rubber mallet, taking care not to mar the surface. If you don't have a rubber mallet, wrap the cut edge in two layers of fabric and lightly hammer the edge through the fabric. Place the tin against the wall with the cut side toward the cupboards. Using small, flat-headed nails, secure the tin to the wall.

continued on page 32

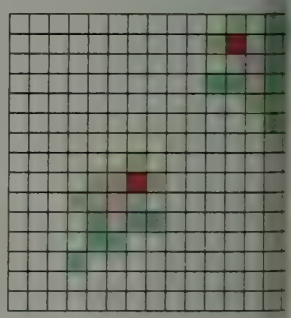
clever backsplashes



TILE WITH STYLE

Spring-bright colors and a simple floral motif give a fresh-as-a-daisy look to kitchen walls.

Chart your backsplash area on graph paper so one square equals one tile. On your chart, repeat the block pattern *(right)* in horizontal rows. Purchase enough mesh-backed, ¾-inch-square white ceramic tile to cover the entire area. Referring to your pattern, buy enough light green, medium green, pink, and red tiles (or substitute desired colors) to fill out the design. With a grease pencil, mark the white tiles that make up the flower motifs. Remove the marked white tiles from the mesh backing. Apply tile adhesive to the walls following the manufacturer's directions. Press the remaining white tiles into place, then press the colored tiles into place, making sure they are evenly spaced. After the adhesive dries, apply grout according to the manufacturer's directions.



Red
Pink
Medium green
Light green
White

continued on page 34

How to make it from the
7 o'clock news to the 11 o'clock news
on 10 calories.



Cool
and refreshing.
10 calorie
Sugar Free Jell-O® Brand
gelatin.

NATURALLY
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And still the coolest.™

clever backsplashes



KITCHEN GARDEN

Clip botanical designs from calendars or books, then apply them to the wall, decoupage-style.

Prepare your walls by scrubbing, sanding, and wiping them. Fill any cracks or holes, sanding them after the filler dries. The walls should be completely smooth. Collect botanical images from calendars, books, and collections of prints, then trim them to fit your backsplash area. The prints can be from different sources and can be different sizes, but they should all have a similar look. Trim off any uneven or ragged edges. Lightly tape the prints to the wall with low-tack painter's tape, arranging them in a stairstep, brick, or random pattern. Adhere the prints to the wall with wallpaper paste or decoupage medium. For cleanability and moisture protection, finish with two coats of clear, satin-finish polyurethane.

continued on page 36


You Can
Get
Softness
and
Body
Under
one
Condition.
FINESSE
Softness and Body?
That takes Finesse.

clever backsplashes



WOODEN IT BE LOVERLY

Common plaster laths come to the forefront of a kitchen wall when applied to the surface as a backsplash.

The backsplash shown here is made from the rough-surfaced lath that hides behind the walls in many older homes. Other everyday building materials—beadboard, siding, barnwood, or many precut wood trims—can also be used. Check building supply stores for other ideas. Tape tissue paper to your wall, then draw a pattern to show the desired angle of the laths; this angle determines the angle of the top and bottom cuts. The laths (*above*) were cut at a 60-degree angle, but you can vary your cuts to make the most of your wood. Cut the laths according to the pattern. Nail the strips in place using finish nails. Lightly sand the strips. To make cleaning easier, apply two coats of clear, satin-finish polyurethane.

Buying information, page 204

→ WE KNOW YOU SHOULDN'T SPOIL CHILDREN. BUT NOBODY SAID ANYTHING ABOUT SPOILING PARENTS. ←





$1,700 IN OPTIONS SAVINGS.* While we agree that having a family is its own reward, we also felt you deserved something extra.

That's why now, America's premier minivan lets you save up to $1,700 on Extra Value Package features. Which means that in addition to dual air bags** and our usual Toyota quality, you get features like air conditioning. Power windows and door locks. Cruise control. Privacy glass. A Deluxe ETR Stereo/Cassette. And, as always, the delightful comfort of a roomy interior with seating for seven. On second thought, why not spoil the whole family?

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wicker picker uppers

Comforting to the psyche and the body, wicker remains a perennial favorite. It not only mixes easily with other furnishings, but also readily assumes a new personality when you treat it to fresh paint or fabric.

AGED TO PERFECTION

Good-quality wicker lasts for generations, developing a richly worn patina with each creak of the rockers. The new wicker rocker, *above*, takes on that same look with a fool-the-eye finish.

The trick to a successful aged finish is to create layers of color that mock how coats of paint would be worn away. Pick the spots of high wear and abrasion—the back, seat, arms, and skirt of the chair, for example—for most of your color layering and sanding. See page 45 for instructions on creating the rocker's finish.

continued on page 40

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

ULTRA LIGHTS: 4 mg. "tar", 0.4 mg. nicotine; FULL FLAVOR MENTHOL: 14 mg. "tar", 0.9 mg. nicotine, av. per cigarette by FTC method.

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Donna

"THE TASTE SOLD US!"

Marty



DISCOVER THE DORAL DIFFERENCE

At Doral, we do more for smokers. Like giving them premium taste at a great price.

wicker picker uppers

continued from page 38





See instructions on page 45.

A LITTLE DAB WILL DO IT

Duplicate the look of old spongeware pottery—and create a unique room accent—by dabbing on color and character. This technique not only produces the perfect look for a casual kitchen or dining room, it also requires little time or skill.

If your wicker will be used everyday, it needs to start out sturdy. Before you take a piece home, lean on it to make sure it doesn't wobble. Check out the frame; it should be at least one inch thick, and all the joints should be tightly wrapped. The wicker, too, should be tightly woven; the tighter the weave, the more durable the piece. Sit a spell to make sure it's comfortable, and run your hand over all the surfaces to check for rough spots.

continued on page 42

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use "yummy" and "fat-free"
in the very same sentence.

Introducing yummy, fat-free,
home-baked Sweet Rewards.



With the home-baked warmth of these four new snack cakes, Betty Crocker® just made fat-free a whole lot more rewarding.

Betty Crocker FAT FREE

Life is sweet

wicker picker uppers

continued from page 40





See instructions on page 45.

ON THE FRINGE

This pristine lady's chair embellished with lavish trims can sashay its way into any formal setting or boudoir. Although newly made, the chair's whimsical, one-arm-up-and-one-arm-down styling brings to mind a Victorian dressing room; the added-on fringe and tassel accentuate the fanciful feel of the period. Giving any wicker chair a frill is easy—all you need is a hot-glue gun and fringe hefty enough to be seen against the textural wicker. A piece this rich in character looks best in a subtle, pared-down setting.

continued on page 44

Discover® Card is proud to support the Smithsonian's 150th Anniversary. It's a big hairy deal.



This is a Mexican red-knee tarantula (Brachypelma smithii). You can see it in the National Museum of Natural History.

Discover® Card is a Proud Partner of the Smithsonian's 150th Anniversary Celebration.

The world's largest collection of insects is just one of the incredible things that makes the Smithsonian so special. Its 150th Anniversary Celebration is another. Discover® Card is proud to be a part of this anniversary and the events surrounding it. After all, the Smithsonian Institution is one-of-a-kind. And 150 years of achievement deserve a really big celebration.

1846-1996 Smithsonian

IT PAYS TO DISCOVER®



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wicker picker uppers

continued from page 42

Buying information page 204

KEEPIN' TABS ON IT

Dress wicker in fabric that coordinates with your decor to give a piece "indoor" style and custom comfort cushy enough to feel at home even in the bedroom. For a personal, evolved-over-time look, choose fabrics in hues that blend with each other and your furnishings, but aren't exact matches. The blues hit a high note, *right*, when stitched into a seat cushion with its own contrasting skirt. Covered buttons and fabric tabs hold it all together (see page 46).





GED TO PERFECTION

nt the chair with a dark base coat
t as our barn red. This coat can
rough. When the paint is almost
and slightly tacky, use rubbing
hol and a lint-free cloth or steel
l to remove the paint and expose
raw wicker in areas of high wear
s, back, arms, and skirt). These
as of wear should be uneven to
pear to have developed gradually.
otice that the raised portions of the
cker are much more worn than the
wer recessed areas—as they would
on an antique. Let the paint dry.
int the chair with a light topcoat
ch as sage green, then rub away the
nt in the same way. Some areas should show raw wicker and others should show dark paint. Let dry.

Antique the raw wicker by painting it with wood stain, then wiping away the excess before it dries.

A LITTLE DAB WILL DO IT

Wipe the chair clean, then spray paint it with two or more light coats of a neutral paint (we used tan). Tear a natural sea sponge into two fist-sized pieces. Dampen the sponges with warm water, then wring them dry. Dip one sponge into a darker shade of paint (we used gold for extra sheen), then blot it onto paper towels or a paper plate to remove most of the paint. Lightly dab the sponge onto the chair. Working in a random pattern, cover the chair with a mottled pattern. As the sponge gets dry, repeat the dab and blot steps.

Repeat the same technique using rust-colored paint. Instead of covering the entire surface, concentrate the color on the edges and legs.

ON THE FRINGE

Measure your chair from the end of one arm to the end of the other; add 2 inches. Measure around the bottom of the chair; add 2 inches. Purchase 5-inch-long bullion fringe in these amounts.

Seal the fringe's cut ends with hot

continued on page 46



ACDelco
CarCares

Let the ACDelco CarCare Program help you identify your automobile's service needs with easy do-it-yourself tips. The results can be rewarding in your car's performance and your billfold.

Read between the signs

When a warning light glares or a gauge suddenly swings out of line, should you pull over immediately? What do unusual noises mean? Not all warning signals indicate disaster. But don't ignore them, either. Here are helpful tips.

Warning sign:
Oil pressure light or gauge

Indicates: Pressure may be too low
Danger: Serious engine damage

What to do: If you hear engine noise (knocking) pull over and seek help. If the light goes on at idle try increasing engine speed to see if the light goes out. If there's no problem, continue driving and get your car checked at the first convenient stop.

Warning sign:
Water temperature light or gauge

Indicates: Major problem—broken hose or belt
Danger: Major engine damage

What to do: If temperature doesn't drop after a minute or two, pull off the road. Let engine cool for 30 minutes before checking water and hoses. Do *not* remove radiator cap while engine and radiator are hot. If there's no problem, continue driving and get your car checked at the first convenient stop.

Don't open hood if you see or hear steam or coolant escaping. *Tip:* If light comes on when you are stopped in traffic, shift car into neutral and bring up the engine speed. This will help cool off the car. (Note: In hot weather, or when climbing a long incline, the temperature warning may not indicate a serious problem. Turn off air conditioner, turn on heater and open windows to see if problem goes away.)

Warning sign:
Battery light

Indicates: If light comes on and stays on while driving, there's a problem with electrical system.
Danger: Dead battery
What to do: Continue driving, but get car checked at first convenient stop.

For an independent service r[illegible] who can service your car call
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To receive your *free* ACDelco CarCares brochure containing more money-saving tips call
1-800-848-4369

wicker picker uppers

continued from page 45

glue. Turn one cut end under and glue it in place.

Starting at the end of one arm and using a hot-glue gun, glue the fringe along the chair arms and back. Turn under the remaining cut end before gluing it in place. Starting at the center back of the chair, glue the fringe along the bottom in the same way. Glue a rosette tassel to the end of the short arm.

Do not use a low-temperature glue for this project. If the chair will be subjected to high heat or intense sun, use upholstery tacks or white glue instead of a glue gun.



Skirting the chair front keeps any roug wicker edges from snagging clothing.

KEEPIN' TABS ON IT

To make a pattern, drape newspaper onto the chair from the back of the seat to the bottom of the front skirt. Cut the paper to make an exact pattern of the chair's shape. Trim 2 inches from the bottom of the skirt. Add ½-inch seam allowances to all sides. Mark the front edge of the seat on the pattern.

Fold the skirt fabric, right sides together. Pin the pattern to the fabric and cut it out. With right sides still facing, sew around the fabric using ½-inch seam allowances and leaving an opening at the back for turning. Clip the curves and corners. Turn the fabric right side out. Slipstitch the opening closed and press the seams. Topstitch around edges with ½-inch seams.

Cut two 3×8-inch strips from the cushion fabric. To make the tabs, fold ½ inch under on each long edge. Fold the strips in half lengthwise so the folded edges match, wrong sides facing. Press the strips and topstitch the long edges with ⅛-inch seams. Fold the strips' centers in a point to form a tab as shown *above right.*

Trim the skirt from the pattern at the markings; add ½-inch seam allowances to this edge. Using a coordinating fabric, cut and pin the cushion pieces the same as for th skirt. Pin the tabs to the front of on piece so the raw edges are even an the tab points to the center of th cushion. The tab should be encase between the two cushion pieces. Se the pieces together, leaving an open ing for turning at the back. Turn th cushion right side out. Stuff th cushion with fiberfill, then slipstitc the opening closed.

Cover three, 1½-inch diamete buttons according to the manufac turer's directions. Position the ski and cushion on the chair. Mark th placement of the tabs on the skir Sew buttons at the marks. Place th cushion of the skirt and sew a butto at the cushion center, going throug all layers.

Affix self-adhesive hook-and-loo tape to the front and back edges the chair and the correspondin spots of the skirt to hold the cushio and skirt in place.

Place the skirt and cushion on th chair, buttoning the buttons throug the tabs.

Of all the things you have to think about in a day, here's 30 you don't have to.



When you've got meetings to attend and errands to run, the last thing you need is car trouble. That's why it makes sense to ask for ACDelco parts. Year after year, ACDelco has been voted by consumers to be the best brand overall. We offer you quality replacement parts in over 30 product lines. We know you're busy; that's why we make parts that never require a second thought. To find out more, call 1-800-ACDelco.

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It's like buying time.

A Master Closet

Add calm to those busy early morning hours with a spacious and well-organized master closet. From the built-in cabinetry to the abundant lighting, this custom close offers plenty of ideas that you can glean for your home.

The heart of this spacious master closet is a cleverly designed wardrobe that's built right into the back wall. Glossy, rounded laminate doors not only add distinctive style but also open up to yield drawers, shelves, and other storage nooks to handle your dressing needs as capably as a personal valet.



The rest of this closet is just as carefully planned as the wardrobe and bureau. A combination of shelves, racks, and dowels—which wrap around the remaining walls—takes advantage of every storage opportunity .

More storage is available in the bureau that's built across from the main wardrobe. Small drawers store everything from jewelry to socks, while a handsome solid-surface counter offers convenient space to put change, cologne bottles, and other props for primping.

At one end of the bureau, a padded stool offers a comfortable place to sit while you slip on your socks or polish your shoes. Other details, such as a carpeted floor and an abundance of downlighting, add to the closet's comfort.



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Seldane can give you relief from a range of major allergy symptoms. Even more important, Seldane can give you all that relief while letting you stay alert*—unlike some over-the-counter remedies that may leave you feeling spacey or drowsy. (In clinical studies, Seldane caused no more drowsiness than a placebo [sugar pill].)

Who should not take Seldane

Seldane isn't for everyone. There are risks for some people. So read this message thoroughly to find out specifically who should not take Seldane.

WARNING: YOU MUST NOT TAKE SELDANE if you are also taking the prescription antifungal medicines itraconazole (Sporanox®) or ketoconazole (Nizoral®) or the prescription antibiotics erythromycin, clarithromycin (Biaxin®), or troleandomycin (TAO®), or if you have liver disease. DO NOT TAKE MORE THAN the amount prescribed by your doctor. Seldane has been associated with rare occurrences of abnormal heartbeats, heart attack, and death under these conditions. Please see important additional information on an adjacent page.

Due to similarities in the drugs, it is also recommended that the antifungal drugs fluconazole, metronidazole, and miconazole, and the antibiotic azithromycin, not be used with Seldane.

Tell your doctor before taking Seldane if you have any liver or heart problems. Also, while using Seldane, tell your doctor if you ever feel faint, become dizzy, or have any irregular heartbeats.

Do not use Seldane with any other prescription or nonprescription medicine without first talking to your doctor. If you become pregnant or are nursing a baby, talk to your doctor about whether you should take Seldane. Your doctor will decide whether you should take Seldane based on the benefits and risks.

It is always important to tell your doctor about any medicines you are using, including antifungals and antibiotics.

Your doctor knows what is best for you

Because Seldane is a prescription medicine, only your doctor, or other health care professional authorized to prescribe, can decide if you're a candidate for it. Ask if you can join the millions of people who trust their allergies to Seldane. So on your wedding day, if your eyes well up, they'll simply be tears of joy.

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SEE ADDITIONAL IMPORTANT INFORMATION ON AN ADJACENT PAGE.

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Prescribing information as of January 1995

SELDANE®
(terfenadine)
60 mg Tablets

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2. **OVERDOSE, INCLUDING SINGLE DOSES AS LOW AS 360 MG**
3. **CONCOMITANT ADMINISTRATION OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN**
4. **SIGNIFICANT HEPATIC DYSFUNCTION**

TERFENADINE IS CONTRAINDICATED IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, ERYTHROMYCIN, CLARITHROMYCIN, OR TROLEANDOMYCIN, AND IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION.

DO NOT EXCEED RECOMMENDED DOSE.

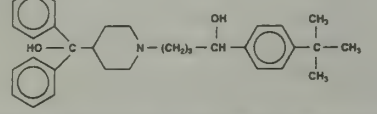
IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING TERFENADINE SHOULD LEAD TO DISCONTINUATION OF TREATMENT AND FULL EVALUATION OF POTENTIAL ARRHYTHMIAS. (See CONTRAINDICATIONS, WARNINGS, CLINICAL PHARMACOLOGY, AND PRECAUTIONS: DRUG INTERACTIONS.)

DESCRIPTION

SELDANE (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain as inactive ingredients: corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate.

Terfenadine is a histamine H_1-receptor antagonist with the chemical name α-[4-(1,1-Dimethylethyl) phenyl]-4-(hydroxydiphenylmethyl)-1-pipendinebutanol (±). The molecular weight is 471.68. The molecular formula is $C_{32}H_{41}NO_2$.

It has the following chemical structure:



Terfenadine occurs as a white to off-white crystalline powder. It is freely soluble in chloroform, soluble in ethanol, and very slightly soluble in water.

CLINICAL PHARMACOLOGY

Terfenadine is chemically distinct from other antihistamines.

Histamine skin wheal studies have shown that SELDANE in single and repeated doses of 60 mg in 64 subjects has an antihistaminic effect beginning at 1-2 hours, reaching its maximum at 3-4 hours, and lasting in excess of 12 hours. The correlation between response on skin wheal testing and clinical efficacy is unclear. The four best controlled and largest clinical trials each lasted 7 days and involved about 1,000 total patients in comparisons of SELDANE (60 mg b.i.d.) with an active drug (chlorpheniramine, 4 mg t.i.d.; dexchlorpheniramine, 2 mg t.i.d., or clemastine 1 mg b.i.d.). About 50-70% of SELDANE or other antihistamine recipients had moderate to complete relief of symptoms, compared with 30-50% of placebo recipients. The frequency of drowsiness with SELDANE was similar to the frequency with placebo and less than with other antihistamines. None of these studies showed a difference between SELDANE and other antihistamines in the frequency of anticholinergic effects. In studies which included 52 subjects in whom EEG assessments were made, no depressant effects have been observed.

Animal studies have demonstrated that terfenadine is a histamine H_1-receptor antagonist. In these animal studies, no sedative or anticholinergic effects were observed at effective antihistaminic doses. Radioactive disposition and autoradiographic studies in rats and radioligand binding studies with guinea pig brain H_1-receptors indicate that, at effective antihistamine doses, neither terfenadine nor its metabolites penetrate the blood brain barrier well.

On the basis of a mass balance study using ^{14}C labeled terfenadine the oral absorption of terfenadine was estimated to be at least 70%. Terfenadine itself undergoes extensive (99%) first pass metabolism to two primary metabolites, an active acid metabolite and an inactive dealkylated metabolite. Therefore, systemic availability of terfenadine is low under normal conditions, and parent terfenadine is not normally detectable in plasma at levels >10 ng/mL. Although in rare cases there was measurable plasma terfenadine in apparently normal individuals without identifiable risk factors, the implications of this finding with respect to the variability of terfenadine metabolism in the normal population cannot be assessed without further study. Further studies of terfenadine metabolism in the general population are pending. From information gained in the ^{14}C study it appears that approximately forty percent of the total dose is eliminated renally (40% as acid metabolite, 30% dealkyl metabolite, and 30% minor unidentified metabolites). Sixty percent of the dose is eliminated in the feces (50% as the acid metabolite, 2% unchanged terfenadine, and the remainder as minor unidentified metabolites). Studies investigating the effect of hepatic and renal insufficiency on the metabolism and excretion of terfenadine are incomplete. Preliminary information indicates that in cases of hepatic impairment, significant concentrations of unchanged terfenadine can be detected with the rate of acid metabolite formation being decreased. A single-dose study in patients with hepatic impairment revealed increased parent terfenadine and impaired metabolism, suggesting that additional drug accumulation may occur after repetitive dosing in such patients. Terfenadine is contraindicated for use in patients with significant hepatic dysfunction. (See CONTRAINDICATIONS and WARNINGS.) In subjects with normal hepatic function, unchanged terfenadine plasma concentrations have not been detected. **Elevated levels of parent terfenadine, whether due to significant hepatic dysfunction, concomitant medications, or overdose, have been associated with QT interval prolongation and serious cardiac adverse events.** (See CONTRAINDICATIONS and WARNINGS.) In controlled clinical trials in otherwise normal patients with rhinitis, small increases in QTc interval were observed at doses of 60 mg b.i.d. In studies at 300 mg b.i.d. a mean increase in QTc of 10% (range −4% to +30%) (mean increase of 46 msec) was observed.

Data have been reported demonstrating that compared to young subjects, elderly subjects experience a 25% reduction in clearance of the acid metabolite after single-dose oral administration of 120 mg. Further studies are necessary to fully characterize pharmacokinetics in the elderly.

In vitro studies demonstrate that terfenadine is extensively (97%) bound to human serum protein while the acid metabolite is approximately 70% bound to human serum protein. Based on data gathered from in vitro models of antihistaminic activity, the acid metabolite of terfenadine has approximately 30% of the H_1 blocking activity of terfenadine. The relative contribution of terfenadine and the acid metabolite to the pharmacodynamic effects have not been clearly defined. Since unchanged terfenadine is usually not detected in plasma, and active acid metabolite concentrations are relatively high, the acid metabolite may be the entity responsible for the majority of efficacy after oral administration of terfenadine.

In a study involving the administration of a single 60 mg SELDANE tablet to 24 subjects, mean peak plasma levels of the acid metabolite were 263 ng/mL (range 133-423 ng/mL) and occurred approximately 2.5 hours after dosing. Plasma concentrations of unchanged terfenadine were not detected. The elimination profile of the acid metabolite was biphasic in nature with an initial mean plasma half-life of 3.5 hours followed by a mean plasma half-life of 6 hours. Ninety percent of the plasma level time curve was associated with these half-lives. Although the elimination profile is somewhat complex, the effective pharmacokinetic half-life can be estimated at approximately 8.5 hours. However, receptor binding and pharmacodynamic effects, both therapeutic and adverse, may persist well beyond that time.

INDICATIONS AND USAGE

SELDANE is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

Clinical studies conducted to date have not demonstrated effectiveness of this terfenadine in common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF TERFENADINE WITH KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX) IS CONTRAINDICATED. TERFENADINE IS ALSO CONTRAINDICATED IN PATIENTS WITH DISEASE STATES OR OTHER CONCOMITANT MEDICATIONS KNOWN TO IMPAIR ITS METABOLISM, INCLUDING SIGNIFICANT HEPATIC DYSFUNCTION, AND CONCURRENT USE OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN. QT PROLONGATION HAS BEEN DEMONSTRATED IN SOME PATIENTS TAKING TERFENADINE IN THESE SETTINGS, AND RARE CASES OF SERIOUS CARDIOVASCULAR EVENTS, INCLUDING DEATH, CARDIAC ARREST, AND TORSADES DE POINTES, HAVE BEEN REPORTED IN THESE PATIENT POPULATIONS. (See WARNINGS and PRECAUTIONS: Drug Interactions.)

SELDANE is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

WARNINGS

Terfenadine undergoes extensive metabolism in the liver by a specific cytochrome P-450 isoenzyme. This metabolic pathway may be impaired in patients with hepatic dysfunction (alcoholic cirrhosis, hepatitis) or who are taking drugs such as ketoconazole, itraconazole, or clarithromycin, erythromycin, or troleandomycin (macrolide antibiotics), or other potent inhibitors of this isoenzyme. Interference with this metabolism can lead to elevated terfenadine plasma levels associated with QT prolongation and increased risk of ventricular tachyarrhythmias (such as torsades de pointes, ventricular tachycardia, and ventricular fibrillation) at the recommended dose. SELDANE is contraindicated for use by patients with these conditions (see WARNING BOX, CONTRAINDICATIONS, and PRECAUTIONS: Drug Interactions).

Other patients who may be at risk for these adverse cardiovascular events include patients who may experience new or increased QT prolongation while receiving certain drugs or having conditions which lead to QT prolongation. These include patients taking certain antiarrhythmics, bepridil, certain psychotropics, probucol, or astemizole; patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia; or taking diuretics with potential for inducing electrolyte abnormalities; and patients with congenital QT syndrome. SELDANE is not recommended for use by patients with these conditions.

The relationship of underlying cardiac disease to the development of ventricular tachyarrhythmias while on SELDANE therapy is unclear; nonetheless, SELDANE should also be used with caution in these patients.

PRECAUTIONS

Information for Patients

Patients taking SELDANE should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients should be advised to take SELDANE only as needed and NOT TO EXCEED THE PRESCRIBED DOSE. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, clarithromycin, erythromycin, or troleandomycin. Patients should be advised to consult the physician before concurrent use of other medications with terfenadine. Patients should be questioned about pregnancy or lactation before starting SELDANE therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Drug Interactions

Ketoconazole

Spontaneous adverse reaction reports of patients taking concomitant ketoconazole with recommended doses of terfenadine demonstrate QT interval prolongation and rare serious cardiac events, e.g. death, cardiac arrest, and ventricular arrhythmia including torsades de pointes. Pharmacokinetic data indicate that ketoconazole markedly inhibits the metabolism of terfenadine, resulting in elevated plasma terfenadine levels. Presence of unchanged terfenadine is associated with statistically significant prolongation of the QT and QTc intervals. **Concomitant administration of ketoconazole and terfenadine is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Itraconazole

Torsades de pointes and elevated parent terfenadine levels have been reported during concomitant use of terfenadine and itraconazole in clinical trials of itraconazole and from foreign post-marketing sources. One death has also been reported from foreign post-marketing sources. **Concomitant administration of itraconazole and terfenadine is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS.)

Due to the chemical similarity of other azole-type antifungal agents (including fluconazole, metronidazole, and miconazole) to ketoconazole and itraconazole, concomitant use of these products with terfenadine is not recommended pending full examination of potential interactions.

Macrolides

Clinical drug interaction studies indicate that erythromycin and clarithromycin can exert an effect on terfenadine metabolism by a mechanism which may be similar to that of ketoconazole, but to a lesser extent. Although erythromycin measurably decreases the clearance of the terfenadine acid metabolite, its influence on terfenadine plasma levels is still under investigation. A few spontaneous accounts of QT interval prolongation with ventricular arrhythmia, including torsades de pointes, have been reported in patients receiving erythromycin or troleandomycin. **Concomitant administration of terfenadine with clarithromycin, erythromycin, or troleandomycin is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS). Pending full characterization of potential interactions, concomitant administration of terfenadine with other macrolide antibiotics, including azithromycin, is not recommended. Studies to evaluate the potential interaction of terfenadine with azithromycin are in progress.

Carcinogenesis, Mutagenesis, Impairment of Fertility

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C

There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. SELDANE should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic Effects

SELDANE is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to SELDANE only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric Use

Safety and effectiveness of SELDANE in pediatric patients below the age of 12 years have not been established.

ADVERSE REACTIONS

Cardiovascular Adverse Events

Rare reports of severe cardiovascular adverse effects have been received which include ventricular tachyarrhythmias (torsades de pointes, ventricular tachycardia, ventricular fibrillation, and cardiac arrest), hypotension, palpitations, syncope, and dizziness. Rare reports of deaths resulting from ventricular tachyarrhythmias have been received (see CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: Drug Interactions). Hypotension, palpitations, syncope, and dizziness could reflect undetected ventricular arrhythmia. IN SOME PATIENTS, DEATH, CARDIAC ARREST, OR TORSADES DE POINTES HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. (See WARNING BOX.) Rare reports of serious cardiovascular adverse events have been received, some involving QT prolongation and torsades de pointes, in apparently normal individuals without identifiable risk factors; there is not conclusive evidence of a causal relationship of these events with terfenadine. Although in rare cases there was measurable plasma terfenadine, the implications of this finding with respect to the variability of terfenadine metabolism in the normal population cannot be assessed without further study. In controlled clinical trials in otherwise normal patients with rhinitis, small increases in QTc interval were observed at doses of 60 mg b.i.d. In studies at 300 mg b.i.d. a mean increase in QTc of 10% (range −4% to +30%) (mean increase of 46 msec) was observed.

General Adverse Events

Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received SELDANE, provides information on adverse event incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg/day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse events in patients receiving SELDANE was similar to that reported in patients receiving placebo. (See Table below.)

Adverse Events Reported in Clinical Trials

	Percent of Patients Reporting			
	Controlled Studies*			All Clinical
Adverse Event	SELDANE n=781	Placebo n=665	Control n=626***	SELDANE n=2462
Central Nervous System				
Drowsiness	9.0	8.1	18.1	8.5
Headache	6.3	7.4	3.8	15.8
Fatigue	2.9	0.9	5.8	4.3
Dizziness	1.4	1.1	1.0	1.5
Nervousness	0.9	0.2	0.6	1.7
Weakness	0.9	0.6	0.2	0.6
Appetite increase	0.6	0.0	0.0	0.0
Gastrointestinal System				
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in bowel habits)	4.6	3.0	2.7	7.6
Eye, Ear, Nose, and Throat				
Dry Mouth/Nose/Throat	2.3	1.8	3.5	4.8
Cough	0.9	0.2	0.5	2.5
Sore Throat	0.5	0.3	0.5	3.2
Epistaxis	0.0	0.8	0.2	0.7
Skin				
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6

* Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 days.
** Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
*** CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine Clemastine (146 patients)

In addition to the more frequent side effects reported in clinical trials (see Table), the following have been reported at a lower incidence in clinical trials and/or spontaneously during use of SELDANE that warrant listing as possibly associated with drug administration: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), muscle symptoms, nightmares, paresthesia, photosensitivity, rapid flare of psoriasis, tachycardia, sweating, thrombocytopenia, tremor, urinary frequency and visual disturbance. In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving SELDANE. Mild elevations were also seen in placebo patients. Marketing experiences include isolated reports of jaundice, cholestasis, and hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Signs and symptoms of overdosage may be absent or mild (e.g. headache, nausea, somnolence); but adverse cardiac events including cardiac arrest, ventricular arrhythmia, torsades de pointes and QT prolongation have been reported at overdoses 5 times or more and occur more frequently at doses in excess of 600 mg, and QTc prolongation up to 30% have been observed at a dose of 300 mg b.i.d. Seizures and syncope have been reported. USE OF DOSES IN EXCESS OF 60 MG B.I.D. IS NOT RECOMMENDED. (See WARNING BOX, CLINICAL PHARMACOLOGY, and ADVERSE REACTIONS.)

In overdose cases where ventricular arrhythmias are associated with significant prolongation, treatment with antiarrhythmics known to prolong QTc intervals is not recommended. Therefore, in cases of overdosage, cardiac monitoring for at least 24 hours is recommended and for as long as QTc is prolonged, along with standard measures to remove any unabsorbed drug. Limited experience with the use of hemoperfusion (n = 1) or hemodialysis (n = 1) was not successful in completely removing the acid metabolite of terfenadine from the blood. Treatment of the signs and symptoms of overdosage should be symptomatic and supportive after the acute stage.

Oral LD_{50} values for terfenadine were greater than 5000 mg/kg in mature mice and rats. The oral LD_{50} was 438 mg/kg in newborn rats.

DOSAGE AND ADMINISTRATION

One tablet (60 mg) twice daily for adults and pediatric patients 12 years and over. USE OF DOSES IN EXCESS OF 60 MG B.I.D. IS NOT RECOMMENDED BECAUSE OF INCREASED POTENTIAL FOR QT INTERVAL PROLONGATION AND ADVERSE CARDIAC EVENTS. (See WARNING BOX.) USE OF TERFENADINE IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION AND IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN IS CONTRAINDICATED. (See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: Drug Interactions.)

HOW SUPPLIED

NDC 0068-0723-61
60 mg tablets in bottles of 100.
NDC 0068-0723-65
60 mg tablets in bottles of 500.

Tablets are round, white, and debossed "SELDANE". Store tablets at controlled room temperature (59-86°F) (15-30°C). Protect from exposure to temperatures above 104°F (40°C).

Prescribing Information as of January 1995

Merrell Dow Pharmaceuticals Inc.
Subsidiary of Marion Merrell Dow Inc.
Kansas City, MO 64114

U.S. Patent 4,254,129.
Other patent applications pending.

PATIENT INFORMATION

SELDANE®

Generic name: terfenadine (ter-FEN-a-deen)
60 mg Tablets

This leaflet is a summary of important information about SELDANE. Be sure to talk to your doctor if you have any questions or want to know more.

What is SELDANE and What Is It Used For?

SELDANE is an antihistamine. It is used to relieve symptoms of seasonal allergies or hay fever. These symptoms include runny nose, sneezing, itching of the nose or throat, and itchy, watery eyes. Clinical studies conducted to date with SELDANE have not demonstrated effectiveness in relieving the symptoms of the common cold.

How Do I Take SELDANE?

- Take SELDANE only as needed when you have symptoms of seasonal allergies.
- The recommended dose of SELDANE is one tablet taken twice a day. **DO NOT TAKE MORE OFTEN THAN ONE TABLET EVERY TWELVE HOURS.**
- Follow any other instructions your doctor gives you.

What Are the Important Warnings About Using SELDANE?

WARNING: DO NOT USE SELDANE IF YOU ARE USING KETOCONAZOLE (NIZORAL), ITRACONAZOLE (SPORANOX), ERYTHROMYCIN, CLARITHROMYCIN (BIAXIN), OR TROLEANDOMYCIN (TAO). IF YOU HAVE ANY LIVER OR HEART PROBLEMS, TALK TO YOUR DOCTOR BEFORE YOU USE SELDANE.

Do not use SELDANE with any other prescription or nonprescription medicines without talking to your doctor and pharmacist.

If you faint, become dizzy, have any unusual heartbeats, or any other unusual symptoms while using SELDANE, contact your doctor.

If you become pregnant or are nursing a baby, talk to your doctor about whether you should take SELDANE. Your doctor will decide whether you should take SELDANE based on the benefits and the risks.

What Are the Risks of Using SELDANE?

The side effects which occur most often are headaches and mild stomach or intestinal problems. In rare cases, SELDANE has caused **IRREGULAR HEARTBEATS** which may cause serious problems such as fainting, dizziness, cardiac arrest, or death. In these rare cases, this occurred when SELDANE was taken:

- in more than the recommended dose (remember, do not take more often than once every twelve hours);
- with the antifungal drugs ketoconazole (Nizoral) or itraconazole (Sporanox);
- with the antibiotic drugs erythromycin, clarithromycin (Biaxin), or troleandomycin (TAO);
- by patients with serious liver disease.

How Do I Store SELDANE?

SELDANE should be stored in a tightly closed container, in a cool place, away from direct sunlight. It should be kept away from children.

Patient Information as of January 1995

95498401

Precious Pillow Sachets



Too pretty to tuck away, this ribbon-embroidery sachet makes a soft and retty accent atop a bedroom bureau or snuggled into a lineup of toss pillows. ur kit does most of the work in creating it. You simply add the finishing touch embroidery and fill it with a material of your choice—one that's fragrant or mply fluffy. Choose the ivory on ivory for a sophisticated look, or the pastel ivory for a softer, more romantic notion. Each finished sachet measures pproximately 8×8 inches.

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O ORDER, make a list specifying the number of kits you desire and specifying ory or pastel ribbon. Then send your list, along with your name and address and a check r money order for $17.95 *per kit* to: *Better Homes and Gardens* Reader Shopping ervice, Dept. D9604, Box 9128, Des Moines, IA 50306-9128. The price per kit includes hipping, handling, and applicable sales tax.



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Island kitchens

A well-planned island can be a valuable—and versatile—piece of real estate. Besides saving you steps, high-performance islands can take on a number of roles: bonus storage; informal buffet or breakfast bar; main cleanup center; full-service cooking center; chef's helper; and, of course, kibitzer's perch. Check out the multitude of user-friendly features in these two island-oriented kitchens.

Adorned with raised-panel doors, toe kicks, and fluted corner pilasters, this island was crafted from cherry wood as a piece of stand-alone furniture. Its top is black granite embedded with shiny specks of copper.

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BENSON & HEDGES 100's



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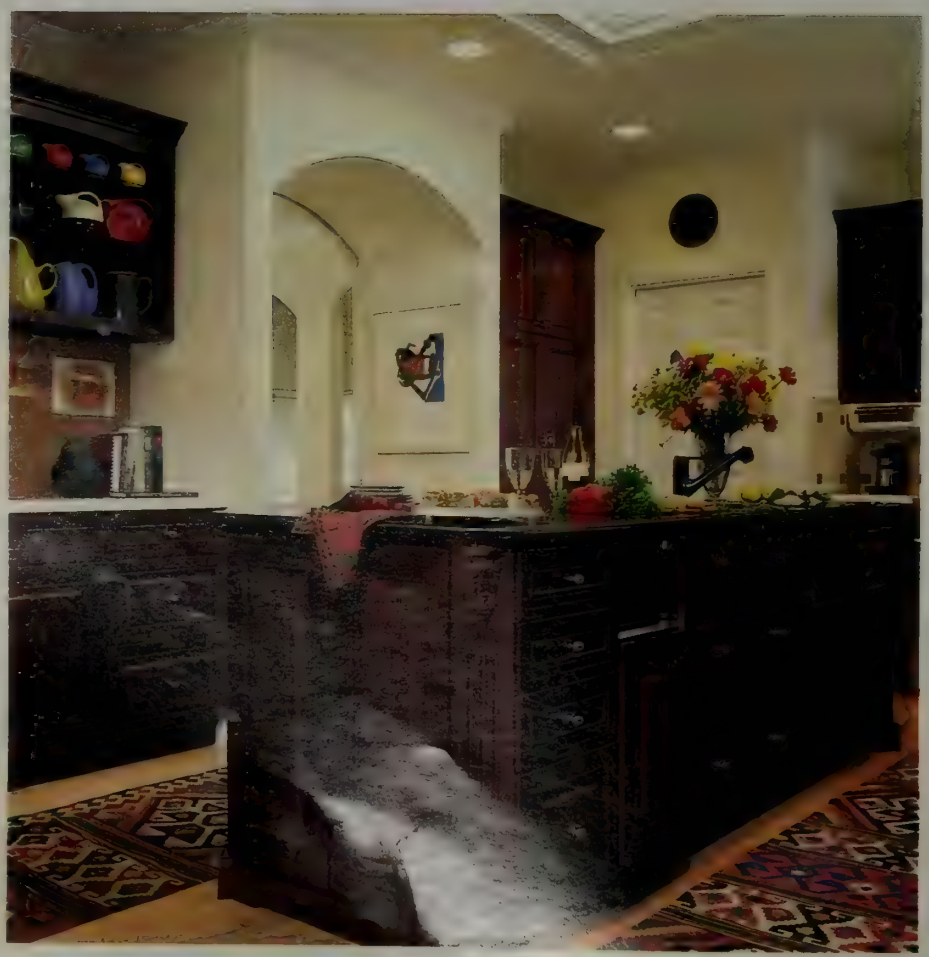
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Island kitchens

Newly remodeled, the kitchen o Californians Michael and Gai Osborne is not only a cook' delight, it's also a great entertain- er. "We love the way the new kitchen encourages people t linger," says Gail.

A broad arch lures guests int the kitchen, and knee space o the far side of the island invite them to pull up a stool to visit o lend a hand. Furniturelike detail- ing on the island and the perime ter cabinetry enhances the room' party-perfect personality. Also island-based conveniences con- solidate food prep so you an guests can chat while you cook: vegetable sink, a warming drawer a trash compactor, and oodles o well-organized storage.

Easy Spirit

The Continental
in over a dozen colors





Central siting puts the island, *opposite*, within easy reach of the major appliances, including the professional-style range, *right*.

The pantry, *above*, adjoins the range near one end of the island. Pullout drawers make it a breeze to stock and retrieve cans and packages—even while chatting with "cook's helpers."

continued on page 60



A sweet portrait of a newborn
in fine porcelain, and she's
19 "long...like a real baby!

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Introducing the "It's a Girl!" Christening Doll, an original issue in the *Nursery Newborns* collection by Joyce Wolf. She's sculpted, cast in baby-smooth porcelain, and hand-painted to look real...right down to her button nose and tiny wrinkled fingers. She has delicate, blonde eyebrows... and real baby eyelashes!

Dressed in an exquisite Christening ensemble, a gown and cap of whisper-soft white v embellished with delicate floral appliqué a lace, it's no doubt that "It's a Girl!" And lik real newborn, she can even wear real infan clothes that you select for her later.

In your arms, her 19-inch size and weig several pounds make her feel just like a rea baby. Hold her, cuddle her, rock her to sle You'll find it's hard to put her down!

To make sure she's yours at just $99.95 shipping and handling — payable in four c venient monthly installments — please or today.

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The "It's a Girl!" Christening Doll

PLEASE RESPOND BY: APRIL 15, 1996

YES, please reserve the "It's a Girl!" Christening Doll. Limit one. I understand I will be billed for the first payment before shipment of the doll.

- SEND NO MONEY NOW
- 3 EASY PAYMENTS OF $26.47* *(shipping included)*
- 365-DAY. MONEY BACK GUARANTEE

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Signature _____ Date _____

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THE ASHTON-DRAKE GALLERIES

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Island kitchens

continued from page 55



PHOTOGRAPHS: JEFFREY RYCUS. ARCHITECT: GEORGE M. HASARA. REGIONAL CONTRIBUTOR: MARTHA RECCHIE

Enhanced by a vaulted ceiling and clerestory windows, this generously sized kitchen in a new Ohio home is ideal for bringing busy families together at mealtimes. The island scales the work core down to a practical size, creating a corridor arrangement with an efficient triangle formed by the sink, refrigerator, and cooktop, plus ample room to keep cook's helpers nearby.

Cleanup chores can be handled entirely on the island, which includes a large sink, dishwasher, and trash compactor. The informal eating area is just a step away, easing food service and table clearing. When the whole clan's on hand, the island's granite countertop and auxiliary sink make it easy to serve buffet style.



An informal eating area and a planning center adjoin one end of the island, *above*.

At the other end, *top*, an extra sink helps head off traffic jams in the main work corridor.

Cafe Classics

Mesquite Beef



der pieces of beef, red peppers and onions in a Southwestern-
quite-flavored sauce. Accompanied by savory rice, black beans
rs and corn. And yet, amazingly, low in fat and calories.

It's not just lean. It's cuisine.



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Organized by a grid design, this wallpap can be used effectively on a large area.

DESIGN

Picking Patterns for Walls

If you decide to add a little color or pattern to your room using wallpaper, don't fall for the first pattern that appeals to you. Consider these factors to find the perfect fit.

• Amount of wall space. Avoid using large wallpaper patterns on small amounts of wall space when part of the design motif, or a full patter repeat, is lost. For example, a kitche soffit or the backsplash space under cupboard looks best when dressed i a small-scale pattern.

• Size of the room. Large-scale pa terns fill up space and give a bi room a cozier feel. For exampl extra high foyers—where you wa to express a warm greeting—are pa ticularly strong contenders for bol prints. The over-sized vegetable bo der in the kitchen, *above*, is propo tionately fitted to the long wall.

• Frequency of use. Reserve stron patterns for rooms used for sho time periods, such as a formal livin room whose walls lack substance. O the other hand, a well-used kitche may feel cluttered by a large, bus pattern. The gridded wallpap works in this kitchen because i clean graphics appear less cluttere than other, more random overa patterns. Quieter patterns—on with less contrast between light an dark tones—are usually more sui able in frequently used rooms.

• Placement of the wallpaper. The is no rule that says every wall must b covered. A mix of wallpaper an paint adds diversity and style. Pap the end walls of a long, narrow roo to bring those walls toward you visu ally and to square up the space.

• Colors in the pattern. Colors affe a room emotionally and visuall Though small rooms often call f the space-expanding qualities light and airy colors, you can u dark hues to create intimacy, esp cially if the room has lots of light.

Color Balance

ainting your walls two con-asting colors can produce a dra-atic effect. Be sure to visually bal-ce the two shades you select with ch other, and your furnishings.





The wall, *above*, is well balanced because the heavier, or more intense, color is painted on the lower (and smaller) portion of the wall. On the other hand, note how the wall, *left*, appears top-heavy.

One of design's foremost princi-les is balance. When done properly, alance creates a feeling of calm and omfort. You can't buy it, yet it's easy o attain if you stand back and let the olors in your room speak to you.

The two-tone wall treatment in he room *above top* is beautifully bal-nced by the use of color. The intense blue hue below the chair rail provides an eye-pleasing anchor for the room because it weighs more visually than the light hue above it. The blue paint also allows a separation between the neutral shades on both the upper portion of the wall and the area rug. At the same time, the blue sets off the light-toned wicker-and-iron chair and provides a nice contrast to the seat cushion.

The balancing act doesn't stop there, though. This room's equilibrium is carried a step further with a well-chosen framed print. The work of art, with its contrast of the dark frame around a light mat and blue water, echoes the setting's established color scheme. Your eye is drawn up to the print and carried over to the striped fabric on the window treatment. Then, the narrow stripes pull your eye back down to the lamp and table.

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Cottage Garden Frame



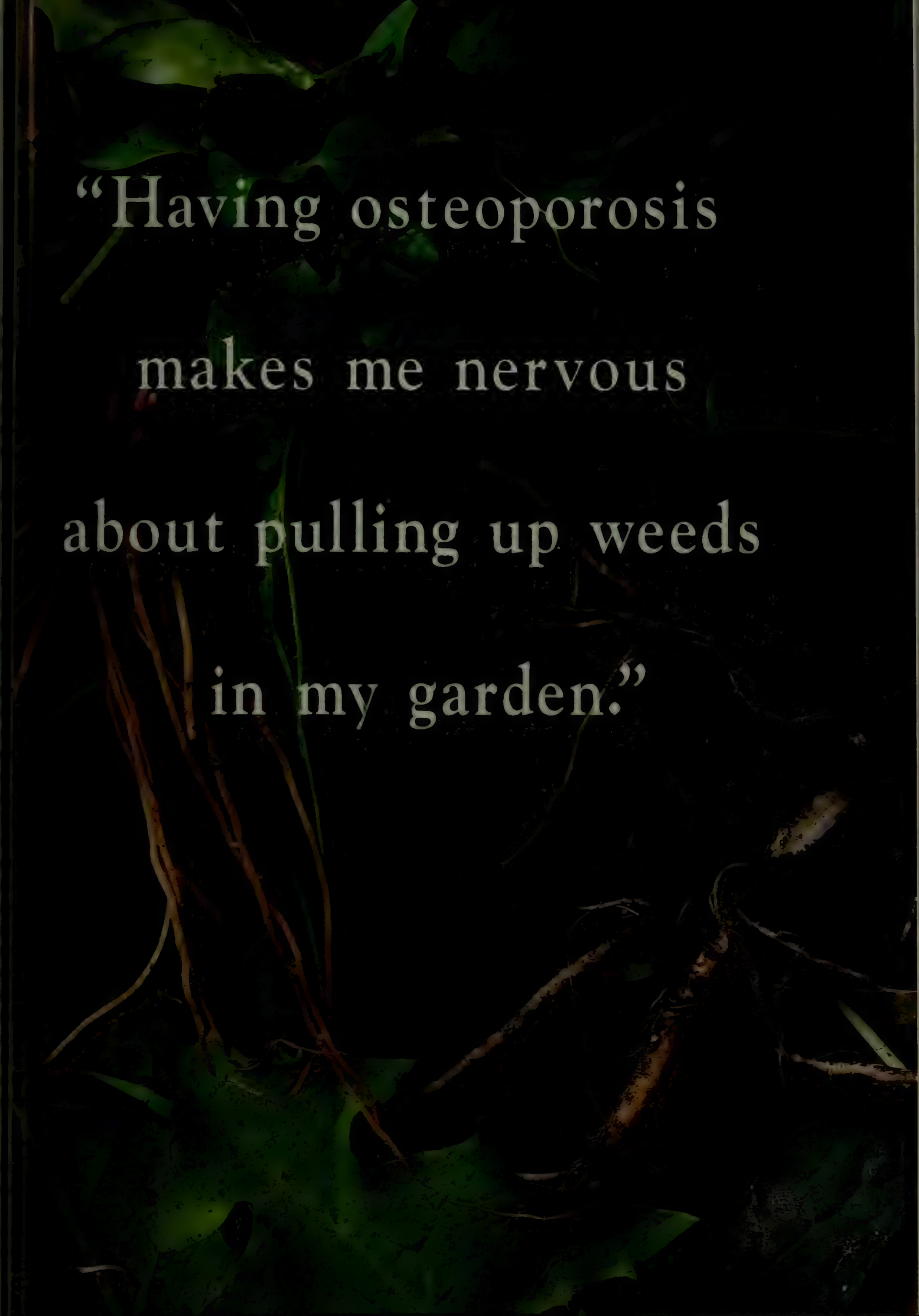
How does this garden grow With pretty threads and embroider stitches on a fabric frame you sew.

Materials: DMC floss, 14×16 inch ivory linen, iron-on interfacing quilt batting, two cardboard rectan gles, embroidery hoop, needle, glue tracing paper, pen, and tape.

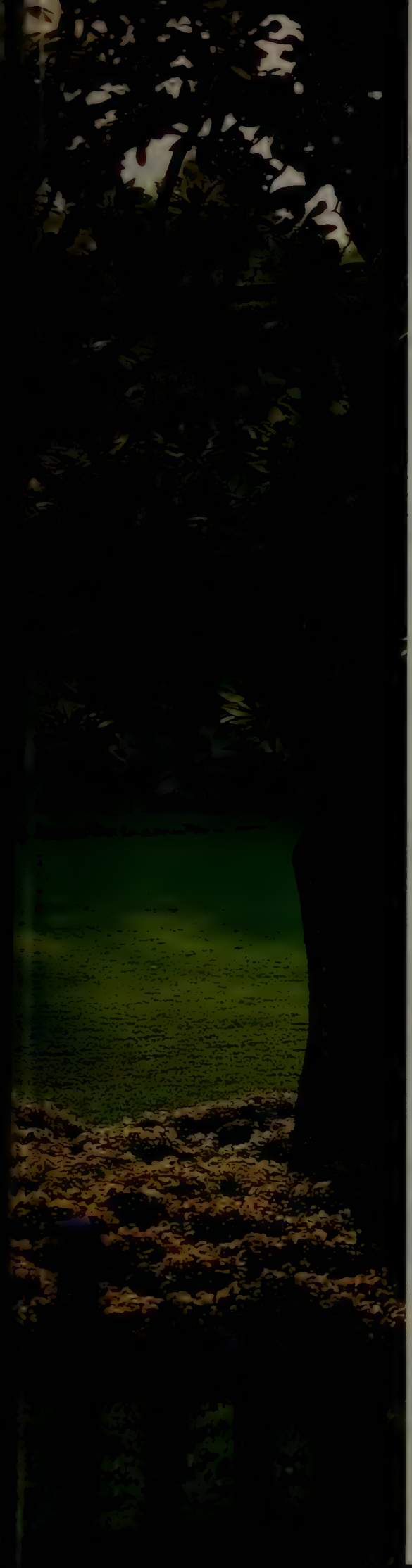
Instructions: Enlarge patter onto tracing paper. Flop pattern t complete design. Trace frame out line and oval onto both pieces c cardboard; cut out frames, cuttin out only one oval shape to serve a the front of the frame. Iron interfac ing on to linen; center and transfe design using marking pen.

Use six plies of floss for cornflowe petals, gladiolus stems, fence, an flower centers; use three plies for a other stitching. Work colors as note on pattern. Satin-stitch hollyhock (C), hollyhock leaves, tiny gladiolu blossoms (E), and anemones (D Straight-stitch cornflowers (A) an around anemones (D). Outline-stitc stems and fence. Work lazy-dais stitches for black-eyed Susans (B) an French knots for all flower center Spread glue over cardboard shap with cutout oval; hand-press qui batting to glue. Trim batting ¼ inc beyond cardboard. Place stitche atop batting; trim excess fabric to inch. Stretch stitchery over padde cardboard, pinning fabric to car board every inch. Snip corners; glu fabric to back side. Let dry.

Cut out oval on stitched frame, 1 inches from the drawn oval. Clip in curves within ½ inch of drawn ov Finish center as for outer edge frame. Tape photo to remaining car board shape. Glue back to front.


"Having osteoporosis
makes me nervous
about pulling up weeds
in my garden."





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Because now there's FOSAMAX–a breakthrough new treatment that's hormone-free and proven to restore lost bone in many women past menopause.

Is FOSAMAX right for you? Ask your doctor. It may cause side effects, though generally mild ones, most commonly stomach and muscle/bone pain. And it should be used with caution by those with certain stomach or digestive problems, and should not be used by those with severe kidney disease, low levels of calcium in their blood, or who are pregnant or nursing.

But if you're like most women with osteoporosis, FOSAMAX could be an exciting new option for you. And a way to build back your bone strength, as well as your confidence.

ASK YOUR DOCTOR

CALL FOR INFORMATION

1 800 567-4425

FOSAMAX®

MERCK

(alendronate sodium tablets)

Please see the Patient Information on the next page and discuss it with your doctor.

DID YOU KNOW?

20 million women in the U.S. have osteoporosis.

COULD YOU BE ONE OF THEM?

Women can have osteoporosis for years and not even know it. That's because, early in this disease, there are few, if any, physical effects that are noticeable. It's only later, as the disease progresses, that the effects can become more obvious—including restricted mobility, broken bones, and loss of height.

While menopause is a key factor leading to the development of osteoporosis, there are other factors that may add to your risk (even if none of these factors apply to you, you may still have osteoporosis):

• a family history of osteoporosis • Caucasian or Asian descent • thin or small build • smoking • too much alcohol • a previous broken bone that resulted from a minor injury • too little calcium • certain medications such as steroids (commonly used to treat asthma or arthritis) and thyroid hormones (if the dose is too high) • early menopause (before age 45)

The best way to manage your bone health is to work with your doctor, can recommend evaluation and treatment programs that are best for yo

FOR MORE INFORMATION ABOUT OSTEOPOROSIS, CALL 1 800 567-442

FOSAMAX® (alendronate sodium tablets) Patient Information about FOSAMAX® (FOSS-ah-max) for Osteoporosis

Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

What is FOSAMAX?

FOSAMAX is for the treatment of osteoporosis (thinning of bone) in women after menopause. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone increases and the bone is less likely to fracture. Thus, FOSAMAX reverses the progression of osteoporosis.

How should I take FOSAMAX?

There are six important things you must do to help make sure you will benefit from FOSAMAX:

1. Take FOSAMAX once a day, every day.
2. Take FOSAMAX first thing in the morning with plain water only.
   Not mineral water
   Not coffee or tea
   Not juice
   FOSAMAX is effective only if taken when your stomach is empty.
3. Take FOSAMAX at least 30 minutes before your first meal, beverage, or any other medication including antacids, calcium supplements and vitamins.
   Waiting for less than 30 minutes or taking FOSAMAX with food, beverages other than plain water, or other medications will lessen the effect of FOSAMAX by interfering with its absorption into the body. Waiting longer than 30 minutes will improve the absorption of FOSAMAX.
4. Take 1 tablet with a full glass (6-8 oz.) of plain water. Do not lie down for at least 30 minutes after taking FOSAMAX.
   These actions will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
5. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis only if you continue to take it.
6. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

Who should not take FOSAMAX?

Patients with:

- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usuall been mild. They generally have not caused patients to stop taking FOSAMAX.

Some patients treated with FOSAMAX in clinical studies experienced abdominal (str pain, which was the most commonly reported side effect. Less frequently reported wer digestive disturbances such as:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connect mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feelin stomach, constipation, diarrhea and gas.

Muscle/bone pain, headache, or an altered sense of taste were also experienced by patients. Rarely, a rash has occurred.

Any time you have a medical problem you think may be related to FOSAMAX, talk to your

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (res Then new bone is formed. This balanced process of resorbing and forming bone keep skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in wome menopause. Menopause happens when the ovaries stop producing the female ho estrogen, or are removed (which may occur, for example, at the time of a hysterec After menopause, bone is removed faster than it is formed, so bone loss occurs and become weaker.

At the start osteoporosis usually has no symptoms, but it can result in fractures (bones). Fractures usually cause pain. Fractures of the bones of the spine may not be but over time they cause height loss. Eventually the spine becomes curved and th becomes bent over. Fractures may happen during normal, everyday activity, such as li from minor injury that would normally not cause bone to break. Fractures most often c the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated?

- **Medication.** Your doctor may prescribe FOSAMAX.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of porosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and h Exercise must be safe to prevent injuries including fractures. You should consu doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patient osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, contact your local poison control center or emergency room immediately.

The Patient Information leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

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(alendro sodium tab

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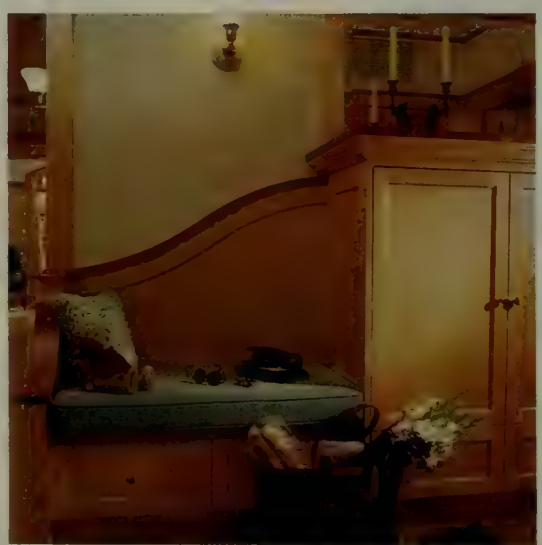
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DESIGN

Stylish Storage Bench



It's a rare entry hall that invites guests to stop and linger for a moment upon arrival or departure. This one does it simply with a built-in bench and appealing storage cabinet.

The design anticipates everyday needs, offering a place to sit for a brief visit, creating a relaxed setting for good-byes, and providing storage for coats, boots, umbrellas, and such near the front door.

A light, shimmering maple used for construction of the bench and cabinet blends with the maple flooring seen throughout this Minneapolis home. Darker cherry wood was chosen for highlight trim along the handrail and the top of the cabinet.

The home's vintage appeal is echoed in recessed-panel treatments for the bench's drawers and the 5-foot-tall cabinet doors. Crown molding topping the cabinet continues the theme.

For years of dependable service, these features were also included:

- Plywood cases and door panels for dimensional stability.
- A hard-shell clear polyurethane finish to protect the wood against scratches, nicks, and mishaps.
- Premium hardware to keep doors aligned and drawers sliding smoothly when filled with heavy objects.

Even if this bench doesn't fit your home's style, let this example inspire your own entry hall centerpiece.

Fancy Framework

Your favorite family photo or print will strut its stuff when you slip it into a lacy sensation.

To set off our pastel print, we chose a pair of mats, then lined the top one with a lace that lets the mat color shine through. You can purchase mats at a frame shop and get them precut at crafts stores, or purchase materials at an art supply store and cut them yourself.

When choosing the lace, remember—thinner is better. If a vintage remnant isn't among your treasured possessions, a fabric store's bridal section is an excellent source. Try antiques shops and thrift stores, too.

To prepare the top mat for receiving the lace, pencil a diagonal line from an inner corner to its outer corner. Using a crafts knife, cut through the mat along the line, starting ½ inch from the inner corner. Widen the cut just enough to accommodate two layers of lace. Repeat in each corner.

Next, cut the lace into four pieces, each one the length of one side and the width of the mat minus ½ inch. Gently push the lace's short ends through the cuts. Pull the lace taut. Trim the excess, then glue or tape the lace ends to the back of the mat.

You can prepare a great-looking mat using cardboard and fabric, too. Cut the cardboard as you would the mat, but instead of keeping the shape intact, cut it on the diagonal into four separate pieces. Cover each side with fabric, then mount your picture and the fabric-covered pieces on a separate piece of cardboard.

For a more natural look, try textural papers, found at art supply stores, as a pretty cover-up. Use a spray adhesive to mount the paper to a cut mat or cardboard.



PHOTOGRAPH: KING AU. LACE: WAVERLY

Frame your print with a complementary fabric. This print is lined with a scalloped-edge lace to repeat the softness of the flowers.





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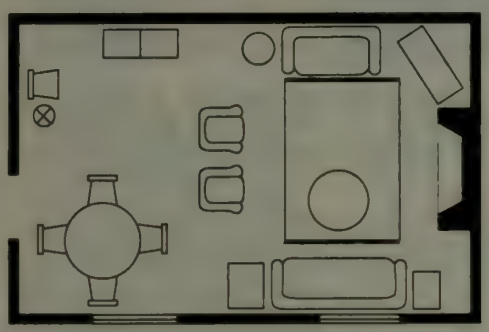
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DESIGN

Room Arranging Dos and Don'ts

before



Divide a long, boxy room into smaller, cozy conversation areas.

The problem: The two focal points, the fireplace and the TV armoire, rest side by side causing a visual weight imbalance in the room. The game table overpowers a small corner, while the bookcases are lost in a sea of wall space. There is no direction for traffic; you enter a maze of furniture. Seating pieces are too far apart for easy conversation.

The solution: Move the TV from the fireplace wall to create a second focal point in the room. Allow main seating pieces a view of both. Invite your guests into the room by pulling furniture out of the room's entry and arranging it to guide them into the conversation area. Slide furniture into tight clusters for reading and game playing. Float furniture at an angle to add interest to a boxy room. Keep conversation and TV viewing within 8–10 feet.

after

Slide the game table and chairs away from the entrance to a larger, more spacious corner.

Pull seating pieces together and rotate them at an angle for a cozy, dynamic grouping.

Lay an area rug at the same angle as the sofa to help define the conversation area.



Shift the bookcases from the large wall to the corner to make this small space functional.

Clear the entry of furniture. Direct traffic to a reading area, game table, and the TV area.

Create a second focal point by framing a TV armoire between two windows.

Angle your chairs for an intimate tête-à-tête, or a cozy resting spot by the fire.

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My budget for remodeling is:

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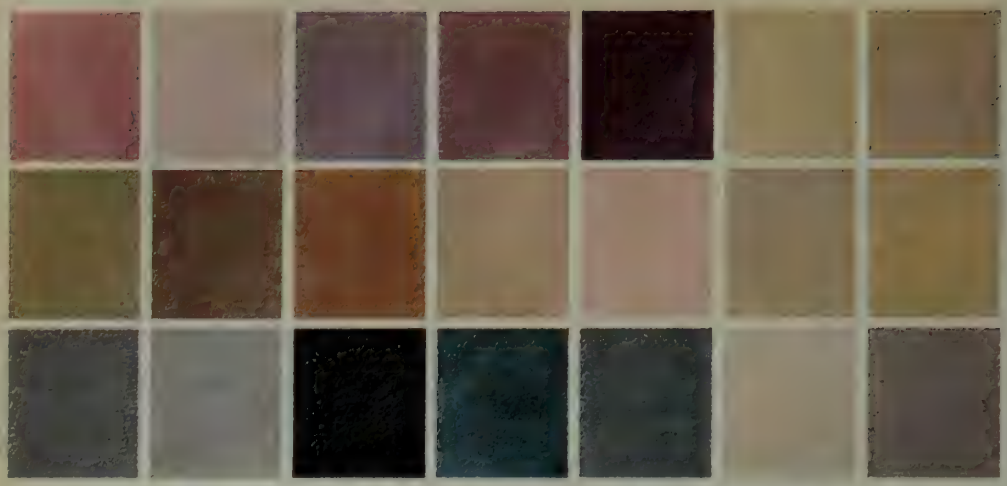
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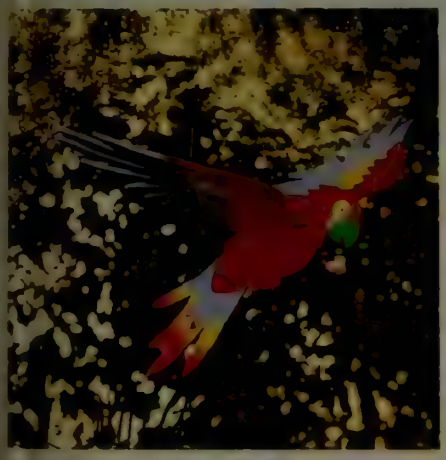
HOW TO ORDER. Make a list of the plans you wish to order and calculate the total from the price(s) shown *above*. Then send that list along with your name, street address, and a check or money order for the total amount to: *Better Homes and Gardens*® Reader Shopping Service, Department W9604, P.O. Box 9128, Des Moines, IA 50306-9128.

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Grace your front porch or outdoor sitting area with these colorful wing-flapping mobiles. Use our full-size patterns to cut them from ¼-inch plywood, and then follow our complete, step-by-step instructions.



Both the Graceful Swan and Polly the Parrot measure about 18 inches long and have wingspans of approximately 28 inches.



The pattern for Polly includes complete painting details. The plan also contains tips to hang the birds and make suitable knots.

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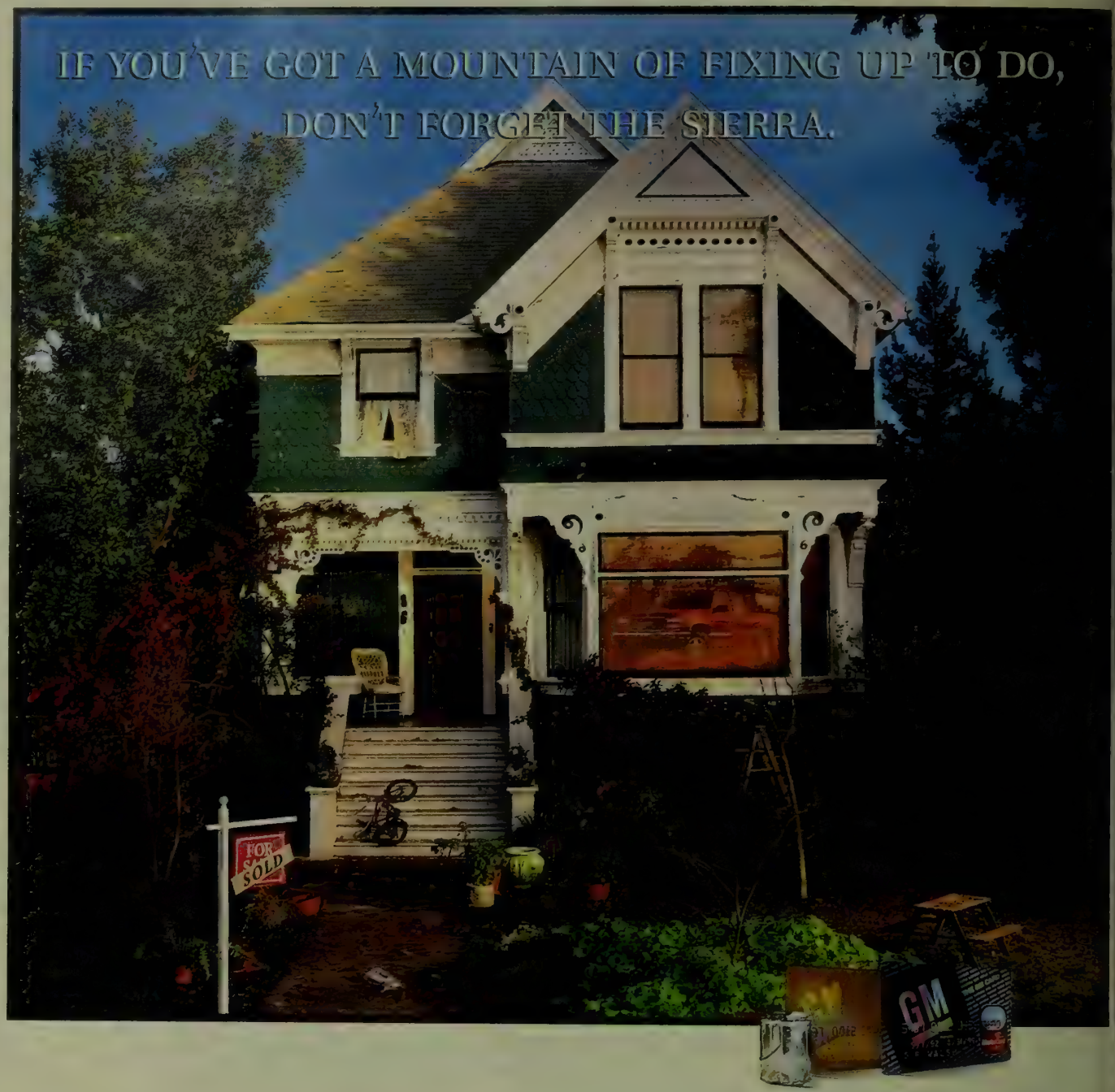


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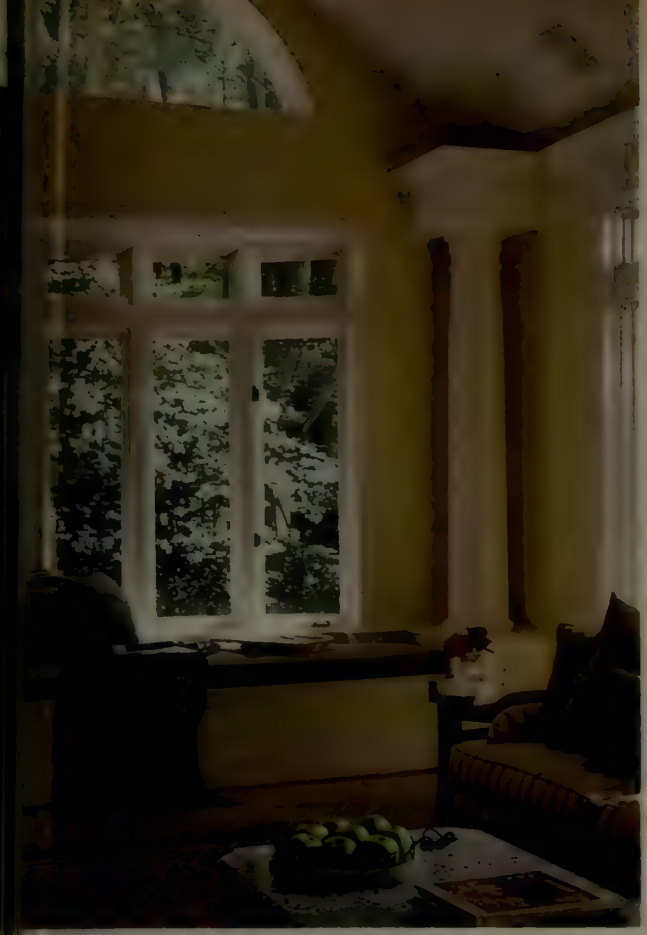
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MORE THAN $100,000 IN CASH & PRIZES OFFERED

in the
1996 Better Homes and Gardens®/NAHB
Remodelors™ Council
Home Improvement Contest

Your home could be featured in Better Homes and Gardens® magazine.

We'd love to reward you on your next home improvement project.

ether you're fixing up indoors or out, ing a new space or face-lifting the old, r ideas and efforts may rate a top award nd a feature in our magazine!

CK YOUR PROJECT

o Categories — Twelve Divisions
u can win in any of 12 divisions. We'll give h awards for Class A (large), Class B edium), and Class C (small) projects in h category plus a Grand Prize and Two nners-up.

TEGORY I — REMODELING
marily structural home improvements)

Exterior Fix-Up
Outdoor Improvement
Kitchen Remodeling
Bathroom Remodeling
Interior Remodeling
Addition
Whole House Remodeling
Restoration

TEGORY II — DECORATING
ely cosmetic changes to your home's interior)

Special Places: Home theater, Home ffice, Children's rooms and Porches
Public Places: Living room, Family oom/Kitchen/Great room and Dining areas
Private Places: Bedrooms and Bathrooms
Whole House

CASH AWARDS

Grand Prize: $10,000
Two Runners-Up: $4,000 each
Twelve awards in each of the 12 divisions:
Class A: $1,000
Class B: $500
Class C: $275
Three merit winners in each class: $100
(Projects are classed by the scope of the effort.)

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1996 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents. Judges' decisions are final.

WIN ADDITIONAL PRIZES

Many of America's leading companies are cosponsoring our contest. You might also win cash, products, or product purchase refunds from these cosponsoring manufacturers listed on the following page whose products you've chosen to incorporate into your project.

Please turn the page for additional prizes and entry form.

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank on the next page or a photo-copy. We'll send you complete details and entry materials, along with our official entry form.

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, before and after photos, and receipts that could make your project a winner.) All final entries must be postmarked by February 1, 1997.

3. THE WINNERS: Winners will be selected on or about May 31, 1997. We will notify all winners by mail and publish the top winner in each category in our November 1997 and February 1998 issues.



Better Homes and Gardens®/NAHB Remodelors™ Counc
Home Improvement Contest

S P E C I A L A W A R D S

$500 Cash Awards*

Following is a list of cosponsors providing $500 for best use of product.

Andersen Windows and Patio Doors
Armstrong World Industries
Broyhill Furniture Industries, Inc.
DuPont Corian®
Formica Surell®
GE Appliances
Heat-N-Glo Fireplace Products, Inc.
Honeywell Thermostats
Hunter Douglas
Hunter Fan Co.
KitchenAid
Kohler Co.
Larson Storm Doors
Lifesaver®
Mannington Resilient Floors
Marvin Windows and Doors
Merillat Industries, Inc.
Minwax® Company
ORTHO® Lawn and Garden
Peachtree Doors and Windows
Peerless® Faucet
Pennsylvania House
Stanley Home Decor
Thomasville Furniture Industries
TREX® Wood Polymer Lumber
VELUX-America Inc.
Waverly
Whirlpool
Wilsonart Flooring

Don't Miss Out On These Special Cosponsor Awards*

The following manufacturers are offering special prizes in addition to a $500 cash award:

Broyhill will award $2,500 (retail value) of Broyhill furniture for the best use of Broyhill furniture.

Heat-N-Glo Fireplace Products will award the Grand Prize winner a $500 certificate toward the purchase of any additional Heat-N-Glo product if the winning entry includes the installation of a Heat-N-Glo fireplace.

Hunter Douglas will refund the cost of the Hunter Douglas window fashions used by the Grand Prize winner in any *one* room of the house. Proof of purchase is required.

Hunter Fan Co. will award a fan comparably priced to the one used by the top winner of the Kitchen/Bathroom/Interior/Addition/Whole House Remodeling divisions (retail value up to $500).

KitchenAid will award a KitchenAid Stand Mixer (retail value $325) and a KitchenAid Toaster (retail value $100) to the winner of the Kitchen Remodeling division who used three KitchenAid major appliances.

Kohler will award an additional $1,000 to any winner in the Kitchen and Bath divisions who uses a Vigora whirlpool, Vessels lavatory, Finial Faucet, or Avatar Faucet in his/her project. For more information, or to contact the Kohler Registered Showroom nearest you, call 1-800-4KOHLER.

Larson Manufacturing will award an additional storm door of choice (retail value up to $450) to the top Exterior Fix-Up winner if he/she used a Larson storm door as part of the project.

Merillat Industries, Inc. will award a cash reimbursement for exclusive use of Merillat cabinetry to the Class A winner in each of the following divisions: Kitchen Remodeling ($5,000 maximum reimbursement), Bathroom Remodeling ($2,000 maximum reimbursement).

Minwax® Company will award an additional $500 cash prize for the best use of a Minwax® product on a new, previously unfinished piece of furniture.

Pennsylvania House will award a special Limited Edition solid cherry jewelry chest (four lined drawers, 17" wide x 13" deep x 31" high, retail value $250) to the Class A winner in the Public Places decorating division if he/she used Pennsylvania House products.

Stanley Home Decor will award one set of mirror closet doors to fit a closet up to 6 feet wide and 80.5 or 96 inches high to the top Interior Remodeling division winner and the top Private Places division winner, if he/she used Stanley Home Decor's products. (Two sets of doors in total will be awarded with re value up to $400.)

Thomasville will award a $500 gift cert for the purchase of any Thomasville Fur to the top 12 winners from the Decorati Category, as well as the top 12 winners f Restoration, Whole House Remodeling Addition, and Interior Remodeling divis who use Thomasville Furniture in a sign way in their home improvement project

Waverly will award a $500 check to the contestant(s) who demonstrates the best of all three Waverly product categories: wallcoverings, and home fashions produ pillows, comforters, chair pads, etc.).

Whirlpool offers one Whirlpool applian of choice to both the Kitchen Remodelir winner and the Whole House Remodeli ner when the winner uses a Whirlpool p Winners may choose one from the follo list: Trash compactor (retail value $449), Microwave oven (retail value $299), Qui dishwasher (retail value $499).

And More ...

Special Home Furnishings C Awards *(Details on the followin provided in your entry packet.)*

•$3,000 Home Furnishings Council Awa winner of "Why My Home Is My Haven Essay Contest.

•$1,000 Home Furnishings Council A to the A, B and C winner from each div the winner uses products from a manuf member as a substantial part of his/her decorating project.*

The GM Card, the officia Credit Card of the 1996 Be Homes and Gardens /NAH Remodelors Council Home Improvemer Contest, will provide a free copy of *Better and Gardens 1001 Do it Yourself Tips* (retail $19.95) to the A, B and C winners from a twelve divisions.*

*These prizes are void in Arizona, Maryland, Oregon and

Better Homes and Gardens®/ NAHB Remodelors™ Council HOME IMPROVEMENT CONTEST

Preliminary Entry Blank

Must be postmarked no later than November 1, 1996

SEND $3.00 FOR POSTAGE AND HANDLING TO:
Better Homes and Gardens®/
NAHB Remodelors™ Council
Home Improvement Contest
P.O. Box 9214
Des Moines, IA 50306

Check the project(s) you plan to complete in 1996.

REMODELING CATEGORY
- ❑ 1. Exterior Fix-Up
- ❑ 2. Outdoor Improvement
- ❑ 3. Kitchen Remodeling
- ❑ 4. Bathroom Remodeling
- ❑ 5. Interior Remodeling
- ❑ 6. Addition
- ❑ 7. Whole House Remodeling
- ❑ 8. Restoration

DECORATING CATEGORY
- ❑ 9. Special Places: Home theater, Home office, Children's rooms and Porches
- ❑ 10. Public Places: Living room, Family room/ Kitchen/Great room and Dining area
- ❑ 11. Private Places: Bedrooms and Bathrooms
- ❑ 12. Whole House

Name _____

Address _____

City _____

State _____ Zip ___

Allow six weeks for delivery of final entry packet.
The $3.00 P&H charge is waived for residents of AZ, MD, OR

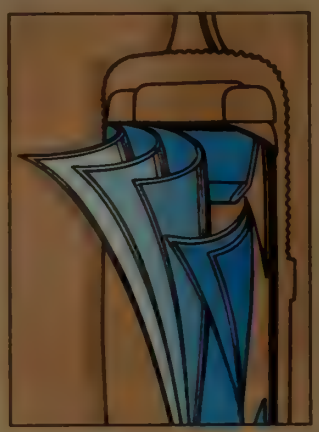
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Way Past Bedtime



Pat Brogan, a mother of four, is also a vice president for a computer services company in the San Francisco area. While her career has demanded a lot of time, she made a commitment long ago not to allow it to detract from her time with her children.

Something, of course, had to give. In her family's case, it was the traditional idea of an appropriate bedtime for her children. "I've always kept them up late so I could spend as much time with them as possible," says Brogan. Nap times were arranged during the day to allow the children, as babies and toddlers, to stay up until 11 p.m.

If this sounds late to you, wake up to today's facts. "Bedtime has kind of dropped by the wayside for many parents as an important component in a child's well-being," says Sara Harkness, associate professor of human development and anthropology at Penn State University. In today's world where two-career households and evening soccer practices are the norm, getting kids to bed by 8 p.m. isn't always possible.

"KIDS WHO DON'T GET ENOUGH SLEEP TEND TO HAVE BEHAVIORAL PROBLEMS."

BEDTIME VS. TOTAL SLEEP

Doctors certainly understand the logistical challenges facing parents today, but is this anytime-bedtime trend healthy?

"Pediatricians in general have become more flexible in terms of guiding parents toward appropriate bedtimes," says Dr. Leslie Tadzynski Shur, an associate professor of clinical pediatrics at the University of Medicine and Dentistry of New Jersey.

Though doctors once clung to the 8-to-8:30 p.m. bedtime, many, including Dr. Shur, now emphasize that total sleep time is more important than actual bedtime. She sees no reason that a child couldn't go to bed at midnight—provided he or she could always sleep until ten or eleven the next morning. But that total sleep time is crucial.

"Kids who don't get enough sleep tend to have behavioral problems," says Dr. Rafael Pelayo, staff physician at the Stanford Sleep Disorders Clinic, Stanford University in Palo Alto, California. When children are sleepy, he explains, they unconsciously begin to look for things to stimulate them. Often this need emerges as disruptive behavior. Some of these kids, he says, seem hyperactive during the day. "But it's not hyperactivity—it's actually sleep deprivation."

Another major sign of sleep deprivation, says Pelayo, is when a preadolescent child sleeps significantly later on the weekends than during the week. "Good sleepers don't sleep in over the weekend."

Teachers also notice when kids aren't rested. "I know that kids in my class who are tired do not have as much fun and do not remember what we have done as well as the other children," says Cheryl Wilson, a preschool teacher in West Carrollton, Ohio, and mother of a 7-year-old. "I've also seen overtired children have violent mood swings because they can't cope with things, because they're tired."

Wilson says her daughter Leslie was the only one in her class who didn't play organized T-ball last spring. The

continued on page 82

"CHAIN SMOKING NUNS WHO CAN'T KICK THE HABIT"

"IMAL RIGHTS ACTIVISTS UP IN ARMS OVER POLITICIANS BEATING A DEAD HORSE"

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Way Past Bedtime

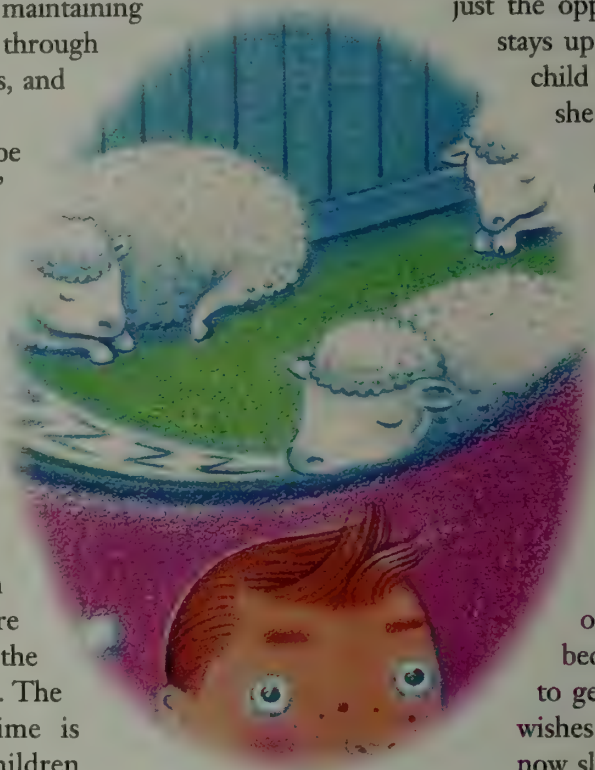
continued from page 80

reason? It would have kept her up too late at night.

"Children as young as four are in organized sports," Wilson has noticed. "Children as young as one are in swimming or 'Mommy and me' exercise classes. A lot of these take place in the evening."

"As a parent, you face a dilemma," says Penn State's Harkness. "You want to spend time with your children, and you want your children to participate in activities with their peers. But what about maintaining physical health and well-being through restful routines, regular mealtimes, and reasonable bedtimes?"

"Children's sleep schedules can be corrected by consistent routines," she says. "But the real problem is all the pressures that are causing children to stay up late. The solution has to be made not only by parents but also at the community level."



FOREIGN ROUTINES

Harkness and her colleague, Charles Super, have studied families in Holland. Today's Dutch parents, Harkness says, were brought up to value routine in the lives of babies and young children. The importance of a regular bedtime is unquestioned: The Dutch children Harkness and Super studied go to bed by 7:30 each evening until age 7 or 8.

The U.S. today presents a dramatically different picture. Here, says Harkness, parents place an emphasis on "maximizing their children's developmental capacities through educational activities and competitive activities." Combine this with the often erratic nature of any dual-career household's day-to-day schedule and the chance of living by established routines becomes a long shot.

To many experts, failure to establish routines can significantly reduce the chance that the young children in the family are getting enough sleep. "Think of sleep as a rhythm," says Dr. Pelayo. "The only way to get into a rhythm is to be consistent."

Shur suggests that at least through preschool age, parents should try to enforce the same nightly routine—for example, bath, snack, brushing teeth, and reading a story.

If your family's "bedtime routine" is an oxymoron, don't lose heart. You can achieve a regular sleep schedule.

"THINK OF SLEEP AS A RHYTHM. THE ONLY WAY TO GET INTO A RHYTHM IS TO BE CONSISTENT."

Pat Brogan's routine, though nontraditional, is cons tent. So is Susan Adler's family's. Her children, Brogan's, were kept up until 11 p.m. or midnight wh they were small. Susan is grateful that she has been able spend a good portion of her children's waking hours w them, even though the time was at night. With in-ho child care, Susan has the flexibility of letting her childr sleep late in the morning and take long naps.

But what happens when children reach school age? F kids in school, a good night's sleep is vital.

While staying up late has traditionally been a rite passage for older children, in the Adler household just the opposite. Susan's younger child s stays up late and sleeps in, but the old child goes to bed at 8:30 p.m. now th she's in school.

Such a transition can be difficu especially if parents try to do it t abruptly. For the Adlers, it w simple. During the summ before kindergarten, Susa daughter attended camp all d and was so worn out from t activities that she was asleep 9 p.m. Luckily, the new be time stuck. For other famili backing up bedtime isn't so ea

Pat Brogan admits that h older children, now 7 and 9 ye old, never got the hang of earl bedtimes. "It's a struggle every nig to get them to bed," she says. Brog wishes it were otherwise, but they a now sleeping only eight to nine hours night at an age when 10 to 12 hours recommended by some doctors.

Dr. Shur says there are no speci guidelines for how much sleep is requir at each stage of life, but a general rule eight to 12 hours a day from toddlerho through adulthood. Most people have internal clock and will sleep as much needed unless they're awakened by alarm clock, a parent, or something el "If your child is sleeping eight hours day and is always cranky, unless there's ear infection or other problem, he m not be getting enough sleep," Shur says.

To adjust to an earlier bedtime, Shur suggests movi bedtime and waking time back by 15 minutes each day. your child is accustomed to taking a late-afternoon n which is pushing evening bedtime too late, try letting h sleep for about a half hour just to refresh. "Don't longer than 45 minutes, or she'll be sleeping too deep when you wake her," she says. Gradually you and yo children can reach a bedtime that works for everyone.



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by Debra Solberg Gibson

Earn a Degree Without Going to College



No time for college? No money? Getting a degree doesn't necessarily mean sitting in classes on a campus for four years.

Jacqueline Westfall, who lives in New Mexico, earned her bachelor's degree from a university in Maryland—without leaving town. At home, Westfall videotaped televised courses offered through the University of Maryland University College, then watched them at her convenience.

According to the National University Continuing Education Association (NUCEA), nearly 392,000 Americans were enrolled in independent study courses during the 1992-93 academic year, with more than 60 percent pursuing college coursework.

While tuition for distance learning courses often is the same per semester hour as for traditional courses, other savings make it a good alternative for many nontraditional scholars. "Students don't have to quit their jobs to attend classes," says Ruthann Fagan, UMUC's assistant dean of open learning. "They've often eliminated the additional costs of child care or transportation when they're doing classwork at home."

Here's a sampling of other nontraditional college credit plans.

Three-year degree programs. Some U.S. colleges and universities are streamlining their programs to help students spend less time—and less money—on their degrees. Upper Iowa University offers all its majors on a three-year track. About 10 percent of its student body now participates in the program. Over the course of three years, their total savings will be the amount of one year's tuition—$8,840 this year.

Cooperative education. "Co-op" plans, usually extensions of traditional degree programs, refer students to cooperating employers. Students spend quarters or semesters away from campus, working in areas pertinent to their majors. At Northeastern University in Boston, a typical rotation schedule requires 12 weeks on campus and 12 weeks on the job. Students don't pay tuition during their work terms and are paid competitive salaries when they're working. In addition to the financial compensation, students gain valuable experience in their fields of interest, become more proficient in interviewing and resume writing, and get a firsthand look at whether they've chosen the right major.

Advanced Placement (AP). These college-level courses allow high school students to study topics more in-depth and earn transferrable university credits. Exams are required at the completion of the courses before the college credits are awarded.

Examinations. College-Level Examination Program (CLEP) tests are administered around the country to award credits for previous knowledge of topics.

Life experience. Some institutions will accept portfolios of your professional accomplishments and will award credits based on that work. If your life experience includes volunteer work and homemaking skills, contact Accrediting Women's Competencies, c/o Educational Testing Services in Princeton, N.J.

Work training. A program established by the American Council on Education's Program on Non-Collegiate Sponsored Instruction gives credits for some education programs offered at the workplace. Colleges and universities that are affiliated with Service-Members Opportunities College will evaluate courses taken during military service for possible credit.

For more information on earning a nontraditional degree, contact one of the following:

- *Financing A College Education: The Essential Guide for the 90s*, by Judith B. Margolin, Plenum Press, $24.95; 212/620-8000.
- *The Independent Study Catalog: The Guide to Over 10,000 Correspondence Courses*, $16.95; and *The Electronic University*, $15.95; NUCEA with Peterson's Guides, 202 Carnegie Center, Princeton, N.J. 08540; 800/338-3282.
- American Council on Education Program on Non-Collegiate Sponsored Instruction, 202/939-9300.
- Council for Adult and Experiential Learning, 312/922-5909.
- Service-Members Opportunities College, 800/368-5622.

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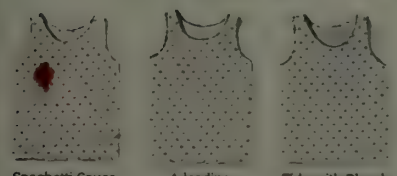


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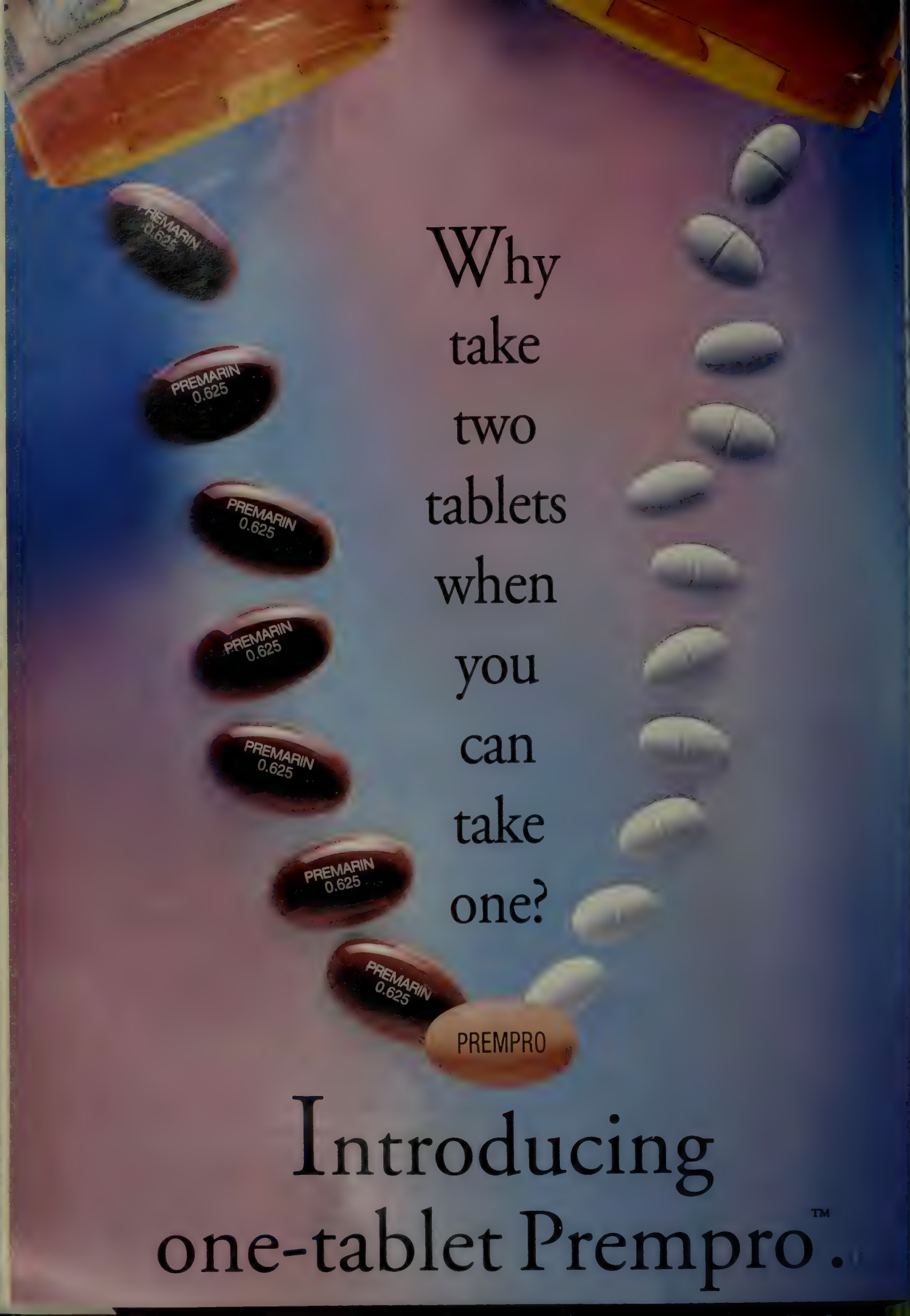
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If you take Premarin® (conjugated estrogens tablets, USP) and a progestin, ask your doctor about new one-tablet Prempro.

IF YOU'RE ONE OF THE MILLIONS OF WOMEN WHO TAKE BOTH PREMARIN AND A PROGESTIN, you should know that now there's a new way to take them together. It's one-tablet Prempro. Prempro, for treatment of moderate to severe vasomotor symptoms associated with menopause, is *as effective as taking Premarin and a progestin separately*, but it's simpler, more convenient, and may be more economical. Prempro is the *only* product that has both estrogen and progestin in just one tablet.

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While women taking Prempro can experience menstrual-like bleeding, research has shown that many women who stay on Prempro stop bleeding within 1 year of use. Your doctor or health care provider can tell you more about the bleeding patterns you might expect with this type of medication.

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When you speak to your doctor or health care provider about hormone replacement therapy, be sure to discuss your personal and family history of breast cancer, breast lumps, abnormal vaginal bleeding, abnormal blood clotting, severe headache, dizziness, or liver disease. Women who are pregnant should not take hormone replacement therapy.

$5 OFF YOUR FIRST PRESCRIPTION. Prempro is an easier way to take hormone replacement therapy because it provides you with the two medications you've been prescribed in one convenient tablet. And, because it requires a single prescription, it may even save you money. *Now save $5 off your first prescription.* See the coupon for more details.

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This summary describes when and how to use estrogen/progestin drugs and the benefits and risks of treatment.

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Progestin drugs taken with estrogen-containing drugs significantly reduce but do not eliminate this risk. If you use any estrogen-containing drug, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

ESTROGENS ± PROGESTINS SHOULD NOT BE USED DURING PREGNANCY.

Estrogens do not prevent miscarriage (spontaneous abortion) and are not needed in the days following childbirth. If you take estrogens during pregnancy your unborn child has a greater than usual chance of having birth defects. These birth defects may affect the baby's urinary system and sex organs.

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PREMPRO is a combination of two hormones, an estrogen and a progestin. This hormone combination has been shown to provide the benefits of estrogen replacement therapy while lowering the frequency of a possible precancerous condition of the uterine lining. This therapy is not intended for women who have had a hysterectomy (surgical removal of the uterus).

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable when weighed against their benefits. Check with your doctor to make sure you are using the lowest possible effective dose.

With PREMPRO therapy several menstrual-like bleeding patterns may occur. These may range from absence of bleeding to irregular bleeding. If bleeding occurs, it is frequently light spotting or moderate menstrual-like bleeding, but it may be heavy. Please discuss your bleeding pattern and set up an appropriate schedule for follow-up care with your physician.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. The decrease in the amount of estrogen that occurs in all women, usually between the ages of 45 and 55, causes menopause. Sometimes the ovaries are removed during an operation causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. Some women have none or only mild menopausal symptoms; in others, symptoms can be severe. These symptoms may last only a few months or longer. Taking PREMPRO can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO only as long as you need it for relief from your menopausal symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of spine, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as dairy products) or taking calcium supplements (1000 to 1500 milligrams per day) and certain types of exercise may also help prevent osteoporosis. Since estrogen use is associated with some risks, its use in the prevention of osteoporosis should be limited to women who appear susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white or Asian race, thinness, cigarette smoking, family history, and early or surgical menopause.

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHEN ESTROGENS SHOULD NOT BE USED

During pregnancy (see Boxed Warning). If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor (see Boxed Warning). Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breast-feeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

If you are breast-feeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS

Cancer of the uterus. The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used, and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy while reducing the risk of a precancerous condition of the uterine lining.

Additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. However, some studies have reported that breast cancer developed more often (up to twice the usual rate) in women who used ... periods of time (especially more than 10 years), or who used high doses for shorter time periods. The effects of adde... risk of breast cancer are unknown. Some studies have reported a somewhat increased risk, even higher than the poss... ed with estrogens alone. Others have not. Regular breast examinations by a health professional and monthly self-ex... ommended for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease ne... women who do not use estrogens.

Inflammation of the pancreas. Women with high triglyceride levels may have an increased risk of developing inflammati...

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, a... pulmonary embolus, any of which may cause death or serious long-term disability.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bon...

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug during the fi... pregnancy. Several reports suggest an association between mothers who take these drugs in the first trimester of preg... abnormalities in male and female babies. The risk to the male baby is the possibility of being born with a condition i... ing of the penis is on the underside rather than the tip of the penis (hypospadias). Hypospadias occurs in about 5 to ... births and is about doubled with exposure to these drugs. There is not enough information to quantify the risk to expo... es. However, enlargement of the clitoris and fusion of the labia may occur, although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female fetus, as ... dias in the male fetus, it is wise to avoid using the drug during the first trimester of pregnancy. These drugs have been ... pregnancy, but such use is no longer considered safe because of possible damage to a developing baby. Also, more ... testing for pregnancy are now available. If you take PREMPRO and later find you were pregnant when you took it, be su... with your doctor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS

In addition to the risks listed above, the following side effects have been reported with estrogen and/or progestin use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Irregular bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, ...
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN USE

If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully monitoring your treatme...

See your doctor regularly. While you are taking PREMPRO, it is important to visit your doctor at least once a year ... you develop vaginal bleeding while taking estrogens, you may need further evaluation. If members of your family have h... or if you have ever had breast lumps or an abnormal mammogram (breast X ray), you may need to have more frequent brea...

Reassess your need for treatment. You and your doctor should reevaluate your need for estrogens at least every six ...

Be alert for signs of trouble. Report these or any other unusual symptoms to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath, or coughing blood.
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbness of arm or ...
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer of the lining of th... progestins, another hormonal drug, with estrogens lowers the risk of developing this condition.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood sugar, whi... diabetic condition worse.

Some research has shown that estrogens taken *without* progestins may protect women against developing heart dis... this is not certain. The protection shown may have been caused by the characteristics of the estrogen-treated women and ... gen treatment itself. In general, treated women were slimmer, more physically active, and were less likely to have diabetes ... ed women. These characteristics are known to protect against heart disease.

It is important to discuss, in detail, with your doctor or health care provider all the possible risks a... long-term estrogen and progestin treatment as they affect you personally.

This Summary provides the most important information about PREMPRO. If you want to read more, ask your doctor ... let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current PREMPRO Tablets insert (PI 4665-1) issue... 1995, with the incorporation, in lay language, of pertinent text from the Physician Insert, (CI 4664-1) issued November 17, 19...

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HEALTH

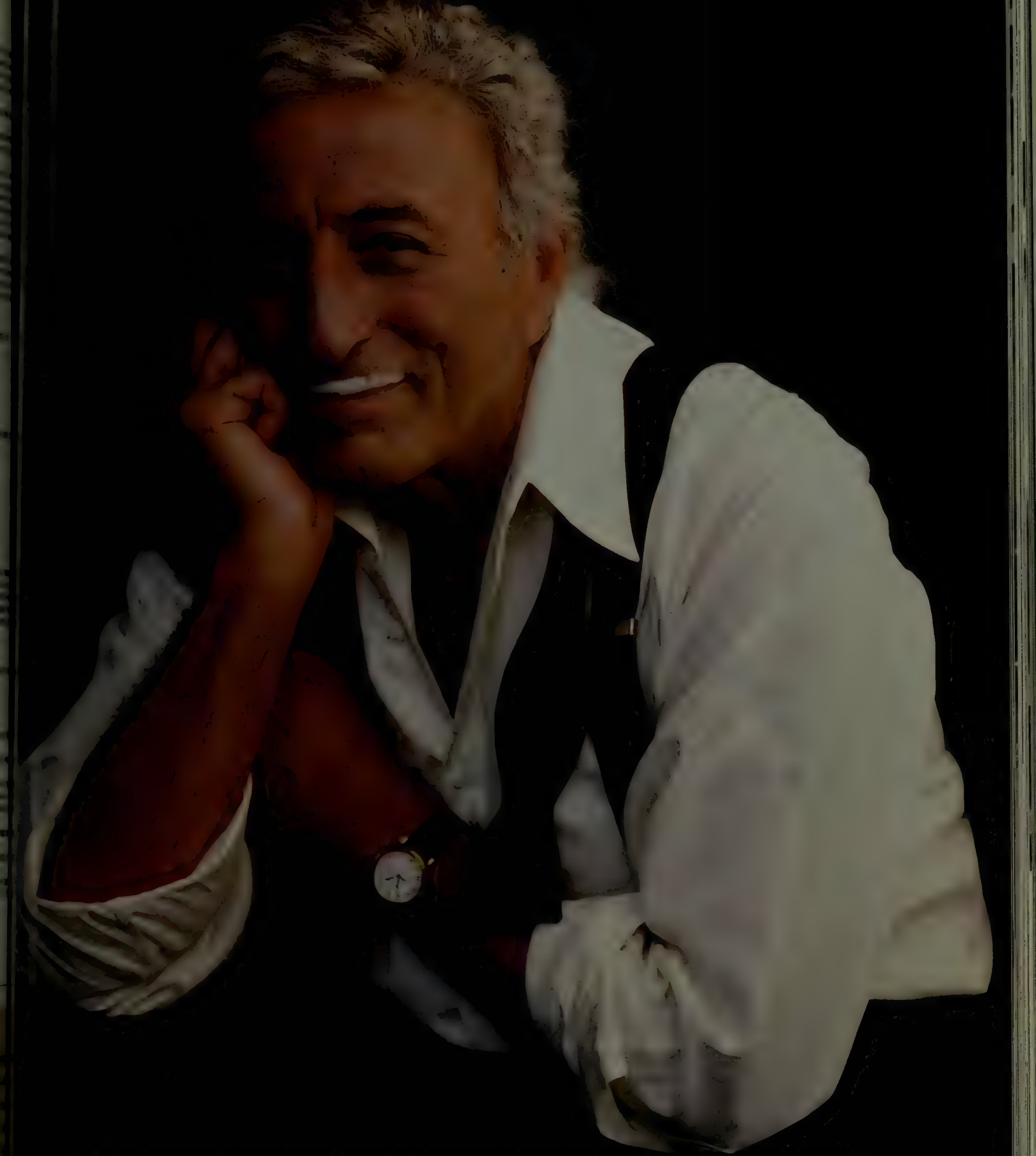
Potassium Power

When you head for your next workout, remember to take along a potassium-rich snack, as well as your water bottle. Foods such as bananas and melon replenish the potassium lost when you perspire from exercise or in hot weather. Potassium plays an important role in balancing the water in the cells of your body.

It pays to know which foods are potassium powerhouses. In 1988, the results of a 12-year study suggested that consuming as much as 3,500 mg per day of potassium may reduce the incidence of stroke and may help control high blood pressure. Yet a USDA survey in 1986 and 1987 showed that most adults consume less than the daily recommendation of 1,600 to 2,000 milligrams.

BEST SOURCES

FOOD	POTASSIUM (mg
Potato, with skin, baked (1)	844
Dried figs (5)	666
Beet greens, cooked (½ cup)	654
Cantaloupe (1 cup cubed)	494
Honeydew melon (1 cup cubed)	461
Great Northern beans (½ cup)	460
Banana (medium)	451
Orange juice (1 cup)	436
Yogurt, low-fat (1 cup)	402
Grapefruit juice (1 cup)	378
Milk (1 cup)	377
Lean hamburger (4 oz.)	349



Talk about being hot. People just can't seem to get enough. Of milk, that is—skim and 1%. According to the American Heart Association, skim and 1% milk are a great way to reduce fat in your diet. Not to mention, they're especially popular with younger women. Notice any similarities?

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American Heart Association.



Be Your Own Nutrition Detective

by David Feder, R.D.

Meat will kill you, dairy will kill you. Eat more meat, drink your milk. No caffeine, yes caffeine. Yes margarine, no margarine. Eat more starches, but don't eat pasta. Are you confused by conflicting messages like these? You're not alone.

More than ever, consumers complain that nutrition news regularly tosses them from headline to contradictory headline. One day a food will cure you, the next day it will speed you to your grave. When faced with the latest nutrition "controversy" as reported in magazines and newspapers or on radio, TV, and on-line services, look for a few basic clues. The following will help you see through the bold type and more effectively evaluate information:

- Look past the headlines. Where there's smoke, there isn't necessarily fire. Bold statements, especially those that say not to eat a particular item or to eat a lot of something else, should be deemed suspect. This does not mean tha a report which goes against common wisdom is to be dis counted automatically: Just be prudent. A little prudenc never hurt anybody.
- Find out whether humans or animals were studied. I the subjects were human, were they like you? Male o female? Old or young? The subjects studied affect th results. Consider this: A 1991 story disputing the choles terol-lowering benefits of oat bran made a big splash. Ye that story's headlines were based on a Harvard stud involving only 20 subjects with an average age of 30, mos of whom were female dietitians or diet technicians wit blood cholesterol levels below 200 mg/dl. Conversely some of the original research promoting oat bran studie only middle-aged men with high blood cholesterol.

continued on page 9

Sometimes what you wear to dinner may depend on what you eat for breakfast.





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Nutrition Detective

continued from page 92

These two groups are acutely different; neither represents the average, and as the researchers of both studies cautioned, the results should be treated as preliminary.

Studies using animals especially should be considered preliminary because the results do not always apply to humans. Although animal researchers are taking greater pains to conform to more realistic designs, lab animals are not humans: They may be subjected to situations or conditions irrelevant to people, and they may react differently to substances and testing conditions.

For example, cyclamates (artificial sweeteners) were banned when animal studies showed them to be carcinogenic. Yet to consume the same amount of cyclamates as the hapless lab animals, a person would have to drink hundreds of diet soft drinks daily. Twenty years later, cyclamates are still banned, even though subsequent research has shown they might not pose the health hazard once reported.

"THE PURE AND SIMPLE TRUTH IS RARELY PURE AND NEVER SIMPLE."

—Oscar Wilde

- Look at the number of subjects used in the study. Too few or too many and true results can be obscured. Of course, anyone would be skeptical of a report claiming that 100 percent of subjects eating nothing but chocolate cake never gained weight if the study involved only one participant. Conversely, being told only one-tenth of one percent of subjects eating a particular food risk developing cancer might sound acceptable—but if such a study's design allows for projection to the entire U.S. population, that means 250,000 people may be at risk.
- Be suspicious of reports based on a single person's example or experience. Anecdotal reports make the news, and not only in tabloids. In 1993, a self-styled nutrition "guru" received national coverage when he suggested that humans can do away with food and water and subsist solely on air. The story was reported with requisite skepticism, but the fact remains that it was deemed newsworthy, even though the only information about this "diet" came from a dubious self-promoter. Even tongue-in-cheek reports, when presented alongside legitimate nutrition news, add to the confusion rather than allay it.
- Consider the source. In your investigation of a nutritio report, search for possible ulterior motives. Who did th original study? Who paid for it, and who reported it Does a special interest group gain or lose by showing par ticular results? A study by a meat group concluding peo ple should eat a side of beef each day ought to trigger a many alarms as a study by an anti-meat group stating tha eating even a forkful will harm you.
- Don't assume facts are being presented in context. Nev "findings" splashed across the front page may have bee taken from experiments tackling a larger question Example: In 1994 (and again this year) a nationally bally hooed study was cited by the media as showing tha antioxidants aren't effective cancer fighters and migh even increase cancer risk. But these reports were culle from a larger study of older Finnish men who smoke more than a pack of cigarettes daily for over thirty years Hundreds of other studies conducte among more representative samples hav yielded strong evidence for antioxidants a potential cancer fighters.
- Be wary of direct connections mad between a food and a disease or cure Consider garlic: Although many studie show garlic contains compounds which ca protect against some cancers, that doesn' mean garlic can cure cancer. Nor does i mean cancer is caused by garlic deficiency. An unbiase report presents both sides of an issue and cites establishe facts backed by originally published research.
- Finally, don't change your lifestyle from news report t news report. There's one basic good nutrition formul that never goes out of fashion: Eat a wide variety of foods especially fruits, vegetables, and whole grains, while cut ting back on sweets, soft drinks, and fatty and fried foods And remember, if something does alarm you, don't go b that one report. Most journalists reporting on nutritio lack a health science degree. Even a Ph.D. or M.D. is n guarantee of nutrition expertise. Few doctors now prac ticing studied nutrition (though your physician should b able to refer you to a nutrition expert if you are contem plating a major change in diet). As with any aspect of you health, get a second opinion. Registered dietitians an other degreed nutrition scientists are your best sources fo nutrition information.

WHO YOU CAN TRUST

Good sources for reliable nutrition information (written in everyday English) include the *Tufts University Newsletter,* the *University of California–Berkeley Wellness Letter,* and reports from groups such as the *International Food Information Council,* the *National Institutes of Health,* and the *American Cancer Society.* Abstract newsletters, such as *Medical Abstracts* or *Nutrition Alert,* present summaries of recent developments in health research on subjects such as heart disease, kidney disease, and other nutrition related topics.

You can also look to professional organizations such as the *American Medical Association* and the *American Society for Clinical Nutrition* for help. *The American Dietetic Association* has a toll-free *Consumer Nutrition Hotline (800/366-1655).* All these are great sources for any nutrition detective.


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Hey, way to snack!

by Patricia Hittner

Is Your Pharmacist a Good Doctor?



Anna Bickford is happy to be alive. For this, she thanks her pharmacist. He stopped her from taking a combination of drugs that could have killed her.

Each prescription was written by a different doctor. Individually, the medications are relatively safe. Together they sometimes cause an irregular heartbeat. And Anna, who'd already had two heart attacks, was at a greatly increased risk for this potentially deadly complication.

"I've got a lot of faith in my pharmacist," says the 66-year-old grandmother from Del Mar, Iowa. "I'd call him before my doctor for any general medication questions."

Anna's not alone. Today, more and more people are turning to their pharmacist for medical advice. A 1995 poll conducted by Yankelovich Partners found that people have at least as much confidence in their pharmacist as their doctor. Pharmacists, who have spent years dispensing free advice and money-saving tips (and who often are more accessible than doctors), are expanding their role t include patient counseling and case management.

Across the country, private consultation areas ar springing up next to drug counters. At some pharmacie you can schedule appointments with the pharmacis Some stores have even distanced themselves from reta trade, selling only medicine instead of hair spray an greeting cards. All this is a far cry from two decades ag when pharmacists were bound by a code of ethics not t voice a medical opinion.

Pharmacist Orsula Voltis Thomas, Pharm.D., o Amherst Pharmacy and Health Education Center i Lumberton, New Jersey, considers herself an active play er on her patients' health care team.

"Sometimes they come in to talk to us about a medica problem that they plan to treat with an over-the-counte

continued on page 9

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Is Your Pharmacist a Good Doctor?

continued from page 96

drug before seeing their doctor," she says. "We're really primary care. Often we're the first people to interact with the patient and the ones that refer them to the appropriate health care professional."

Consumers, however, may soon be asked to pay for this added service. Some stores, including Amherst Pharmacy, charge consultation fees in certain instances. Patients meet privately with a pharmacist each time a prescription is filled. During this complimentary session, they are briefed on side effects and told what symptoms to watch for. If patients have a chronic condition, such as diabetes, and additional time is desired, they can schedule a 45-minute appointment for $35.

In today's rapidly changing medical system, your pharmacist will likely play an even greater role in your family's health care. Here's how to find a good one and get the most from his or her expertise:

• **Find someone you trust.** Confidence in pharmacists may be at an all-time high, but there's still a general perception they do little more than peddle pills. Joseph Wiederholt, Ph.D., associate professor of pharmacy administration at the University of Wisconsin School of Pharmacy, says most people don't realize the importance of pharmaceutical care until they become ill or they experience an event in which a pharmacist averts a potentially serious overdose or interaction.

The need for having a professional who closely tracks what medicines you take, and how you take them, can't be overstated.

By some estimates, half of all prescriptions written in the United States are not taken properly. This accounts for nearly 2 million hospital admissions each year and more than $100 billion in medical expenses and lost work days. "It's important for people to select their pharmacists as carefully as they select their family doctor," says Dorothy L. Smith, Pharm.D., president of the Consumer Health Information Corporation in McLean, Virginia. Her company produces educational materials for consumers and drug companies.

Pharmacists are trained to spot potentially dangerous drug combinations, which number in the thousands. The likelihood of suffering a mishap increases when you take multiple medications or see more than one doctor. Over-the-counter products, such as aspirin, also can react with many prescriptions.

If your pharmacist foresees a problem with a drug, or its prescribed dose, he or she can phone your doctor. "Your pharmacist is your double check," says Smith. "You h to trust your doctor *and* your pharmacist."



Pharmacists are trained to spot potentially dangerous drug combinations, which number in the thousands.

• **Choose a pharmacist who will give you tir** Developing rapport with your pharmacist is a good wa safeguard your health. He or she is probably your l source of information on prescription and over-t counter drugs. And by getting to know you, and y health problems, your pharmacist can steer you av from medicines you shouldn't take.

One way to facilitate communication is to ask qu tions. In one study, Wiederholt found that pharmac spent more time with patients who initiated conversati Patients who spoke up also received more depth information about their medications

If your pharmacist is too busy to talk, se you can stop by at a better time. In some dr stores, it's possible to schedule a priv appointment. A short consultation is proba free, but you may have to pay for longer vis Or, ask if you can call from home with ad tional questions. You should feel free to c the pharmacy if you think you're having reaction to a particular drug. Some pharm cists make routine calls to check on patie taking new prescriptions or those on comp cated regimens.

When speaking with your pharmacist abo medication, don't forget to mention a health problems you're experiencing. Part o pharmacist's training is knowing when to re you to a doctor.

"If you can't get the attention you need one pharmacy, seek out another place wh you can get it," says Wiederholt. "You sho feel your pharmacist is really concerned abo your health and your situation."

• **Check credentials.** Pharmacists must p a national exam that ensures certain standa of knowledge, and all pharmacists must licensed, though requirements vary from st to state. In some states, you can find out if any serio complaints have been lodged against a pharmacist by ca ing the state licensing board.

Beyond that, you'll probably want to find a pharmac who takes continuing education courses and attends ac demic seminars. This is a good sign that he or she is top of current information.

Don't be afraid to question your pharmacist abo training and ongoing education, as well as how long he she has been with that particular practice. Also, find o what safeguards are in place to ensure patients get t right prescriptions.

Being interviewed is probably a new experience f most pharmacists, Wiederholt says. But talking wi prospective pharmacists before you need their servic

continued on page 1

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Is Your Pharmacist a Good Doctor?

continued from page 98

gives you an idea how helpful they'll be when you are sick.

Your doctor or nurse also can guide you to a good pharmacist. Ask where they have their own prescriptions filled and what they like about that particular drugstore.

• **Always use the same pharmacy.** You might be tempted, just this once, to patronize the drugstore closest to your office or child's day care. Or to have a regular prescription filled at a different pharmacy that's running a special on diapers or laundry detergent. But this can be dangerous.

Your pharmacist maintains records on each prescription dispensed. This information is most likely computerized, with programs designed to flag dangerous interactions. And don't assume using different pharmacies within the same chain offers this protection. The computer systems may be separate to protect patient confidentiality, says Smith.

No one needs to convince Michael Lopez of Fresno, California, to fill all his prescriptions at the same pharmacy. A medical error resulted in the same drug being prescribed by two doctors. Michael, 42, didn't catch the mistake because each brand name was different.

His pharmacist, however, spotted the problem and pointed out that taking both medications would have resulted in an overdose, possibly causing a heart attack or kidney failure.

"More than anything else, use the same pharmacy," warns Michael. "If I didn't, I'd probably be dead or in a coma."

Today, he doesn't take any chances. He makes sure every doctor he sees is fully aware of each drug he is taking. Even then, he won't take a new prescription until his pharmacist says it's safe. If a doctor hands him a sample, he calls h pharmacist to make sure it won't cause a harmful intera tion. "There are so many drugs on the market no phys cian could possibly keep up with them," Michael says.



"More than anything else, use the same pharmacy. If I didn't, I'd probably be dead."

• **Ask about over-the-counter drugs.** It's mo important than ever to involve your pharmacist when yo buy an over-the-counter medication. Since 1981, mo than 200 drugs have switched from prescription-only t over-the-counter status.

Over-the-counter medications are capable of causin adverse side effects, especially if you have certain underly ing health problems. They also can react wit many common prescription drugs.

Pharmacists are well-versed in the properti of both prescription and non-prescriptio drugs. It's part of their job to counsel cu tomers on over-the-counter products boug within their store. Your pharmacist also ca explain how to use and interpret the growin number of home-test kits.

• **Look for extras.** In many parts of th country, pharmacies compete for customer So, chances are, you'll soon see an increase number of extra services at drugstores in you area. "I don't think the public understands th resources of a pharmacy," Wiederholt says. " don't think pharmacists have done a goo enough job of educating the public."

One new feature is the private consultatio room. Some rooms even include small medica libraries, so customers can browse throug health reference books.

Many pharmacies also provide basic healt screenings, conduct flu shot clinics, and spon sor educational seminars. Also becoming mor common: Wellness programs, such as thos teaching people to read food labels an "brown bag" days during which customer bring in medications for review.

MAIL-ORDER MEDICINE

Mail-order prescriptions are a small but growing segment of today's rapidly evolving health care system.

Many managed care health plans encourage their members to order medicines through the mail. This saves insurance companies money, and the savings is often passed on to you in the form of lower drug copayments. It also saves a trip to the drugstore and time waiting in line.

The price you pay is doing without a professional who sees you often and gets to know you, says Dorothy Smith, Pharm.D., president of the Consumer Health Information Corporation in McLean, Virginia.

She urges mail-order customers to call the pharmacy with questions. Most mail-order drugstores have 800 numbers. When you call, try to speak with the same pharmacist. And carefully read any of the accompanying literature on your prescription, Smith says.

The biggest problem with mail-order medicine is that people tend to use two different pharmacies, says Joseph Wiederholt, Ph.D., associate professor of pharmacy administration at the University of Wisconsin School of Pharmacy. They order regular medications through the mail. But they head for their local pharmacy if they need a drug right away.

Often, says Wiederholt, neither pharmacist knows what the other is dispensing. Which is why it's important to furnish each pharmacist with a list of all the prescription and over-the-counter drugs you are taking.


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GOOD NEWS ABOUT SHAPING UP

Lift Weights in Less Time with Great Results



More may not be better when it comes to lifting weights.

At the University of Florida in Gainesville, researchers have found that performing one set of weight lifting exercises may be just as beneficial as the three-set routine that most fitness buffs do, giving you all the benefits in a third of the time.

"One of the biggest reasons people give for dropping out of a weight-training program is that they don't have time," says Michael Pollock, Ph.D., professor of medicine and director of The Center for Exercise Science at UF's College of Health and Human Performance. "This study demonstrated that a complete program consisting of aerobics and strength training can be incorporated into a realistic time frame."

In the study, Pollock and h colleagues recruited 50 peopl ages 20-50. The volunteers unde went a 14-week strength-trainin program that focused on the le muscles. In addition to a contr group, one group performe three sets of eight to 12 repet tions and another group pe formed one set of eight to 12 rep titions. Participants worked o three times a week.

Both groups improved the strength and muscle thickness com pared to the control group, say Pollock, but there was no differenc between the two groups that lifted weights.

In a separate 20-year study of older endurance athlete Pollock also discovered that despite aerobic training muscle mass naturally decreases about three pounds pe decade unless weight training is done on a regular basis.



Help Children Catch the Fitness Wave

At 10 a.m. on May 1, schoolchildren across the world will walk, jog dance, or do calisthenics to stress the importance of exercise. The eight annual Project ACES (All Children Exercise Simultaneously) will mov through each time zone, creating a fitness "wave around the world," say Len Saunders, a physical education teacher and ACES creator.

Although only 15 minutes long, this program appears to be just wha children, especially teens, need. Only one of every three kids, 6-17, meet the minimum standards for cardiovascular fitness, flexibility, and uppe body strength. Only 37 percent of teenagers do any regular vigorou exercise, according to The Centers for Disease Control and Prevention To get your child's school involved, send an SASE to Saunders at ACES Valley View School, Montville, NJ 07045.

continued on page 10

Want all-day protection for really dry skin?



Shower Activate It.™

1. Apply ***NEW*** Jergens® Shower-Active™ Moisturizer after you wash. It interacts with the water on your skin to form an invisible barrier that lasts 24 hours.



2. After you rinse, the barrier continues to seal in moisture from the shower, leaving your skin feeling soft all day long. Moisture stays in, dryness stays out.



Another beautiful idea from today's Jergens.™

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Because you walk.
And like any other sport,
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your walking efficiency and,
best of all, provide maximum comfort.

That's because
a good walking shoe lets your
foot do what it's supposed to do
when you walk:
roll naturally from heel to toe.
And good walking shoes provide
cushioning where walkers need it most:
in the heel and forefoot.

Walking shoes complement
the natural movement
of walking by being flexible
where your foot is flexible
and rigid in the heel where
your feet most need support.
You want to support your feet,
don't you?
They've been good to you.
Return the favor.

The beveled heel of a walking shoe
allows your foot to gradually
lower itself to the ground in
a natural rolling motion
so the ground you walk on
won't be so unforgiving.
You'll feel less like you're
pounding the pavement.
And they have a wide toe box
that lets your toes spread and flex
as you push off.
You've probably noticed your feet
tend to swell during a long walk.
You want to give them some room.

A good pair of walking shoes
is really just the right equipment
for your sport.
Try a pair and you'll wonder
how on earth you ever did without them.

Reebok

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Fitness Matters

continued from page 102



Head Off Trouble For Your Kids

For about $35, a child's bicycle helmet is one of the wisest investments a parent can make, says Warren Scott, M.D., of Kaiser Permanente Medical Center in Santa Clara, California. Eighty percent of all bike injuries involve the head and upper body. For safety's sake, Dr. Scott suggests you:

- Buy two helmets—one for your child and one for you. "Otherwise, it's 'Do as I say, not as I do,'" Dr. Scott says.
- Look for a decal certifying approval by the Snell Memorial Foundation, American National Standards Institute, or the American Society for Testing and Materials.
- Buy a helmet that fits, not one you think your child will grow into. The anticipated head growth may never happen, says Dr. Scott. A person's head often is full-size as early as age 10 or 12.
- Let your kids choose the sty They won't wear a helmet they thi makes them look goofy. Encoura them to add stickers, which m increase appeal and chances of bei seen on the road. Just be sure sticke don't cover air vents or reflectors.
- "Sell" the idea of wearing a helm Point out that football, baseball, a hockey players all wear helme Insist it always be worn biking, skat boarding, or rollerblading.
- Replace helmets that are too sm or those that are more than five yea old. In that time the helmet has mo likely been dropped enough to ha some structural weakness.
- Ask about rebates. Some manufa turers offer a $20 to $25 discount.

Blister Basics

Painful friction blisters always seem to rub you the wrong way at the wro time. Instead of ignoring them and waiting until they heal on their own, t treating them.

If the blister is less than ¼ inch across, cover it tightly with a bandage. A tempting as it may be, don't puncture it because you risk infection. Besides, th blister roof and the fluid inside are "nature's best bandage," says Brya Bergeron, M.D., a researcher affiliated with Harvard Medical School.

Wash larger blisters gently with soap and then drain. Use a sterilized need to create a hole just big enough so fluid flows freely. Large holes increase yo chance of infection. After draining, apply a topical antibiotic and cover with bandage. Don't use rubbing alcohol or hydrogen peroxide—they kill growin cells and increase your risk of infection. If infection develops, see your docto

To keep blisters from forming, apply petroleum jelly to problem spots.



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My feet and I have this understanding.
I place one in front of the other, and they transport me.
It's called walking. It throws open the window to my mind
and lets the clutter rush out, like so much stale air.
I don't know what my mind would do without my feet.

Jennifer Lloyd. This is my planet.

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 By Patricia Lopez Baden

Long-Term Health Care



You're getting older; so are your parents. Do you have a plan

You don't want to read this. You probably don't even want to think about it.

But if you've gotten this far, you know you need to. Planning long-term care for yourself or a family member is not an easy process. But starting now—before there's a crisis—can save you untold grief and expense later.

Once, long-term care meant just one thing: a nursing home. Now, with older adults as the nation's fastest growing population, there is a range of more palatable options. Most are geared to keeping people independent as long as possible, either in their home or with family.

"People wait far too long to start looking for things that could help them out," says Steven Zarit, Ph.D., assistant director of the Gerontology Center at Penn State University and a national expert on aging. "The stress involved in chronic care builds up, taking a toll on the family and on the disabled person. Then there's a crisis."

Marie Saylor of Bellefonte, Pennsylvania, had to confront the prospect of long-term care for her husband Cloyd when the couple was in their early 60s. An engineer with an analytical mind and a passion for the outdoors, Cloyd began having trouble balancing his checkbook. Fine motor skills—the ability to sign his name and work with tools—began to deteriorate.

Marie suspected Alzheimer's disease. She recognized the earliest signs because Cloyd's mother died from it. Her quick discovery allowed her to plan ahead. Wh Cloyd's former employer offered a long-term insuran policy, Marie snapped it up. Had she waited longer, s might not have found a company willing to write a poli on her husband.

What's out there. While long-term care choices a many, they can be fragmented and hard to find. Ferretin out the best ones can take patience, some sleuthing an yes, money—all of which makes good planning critical.

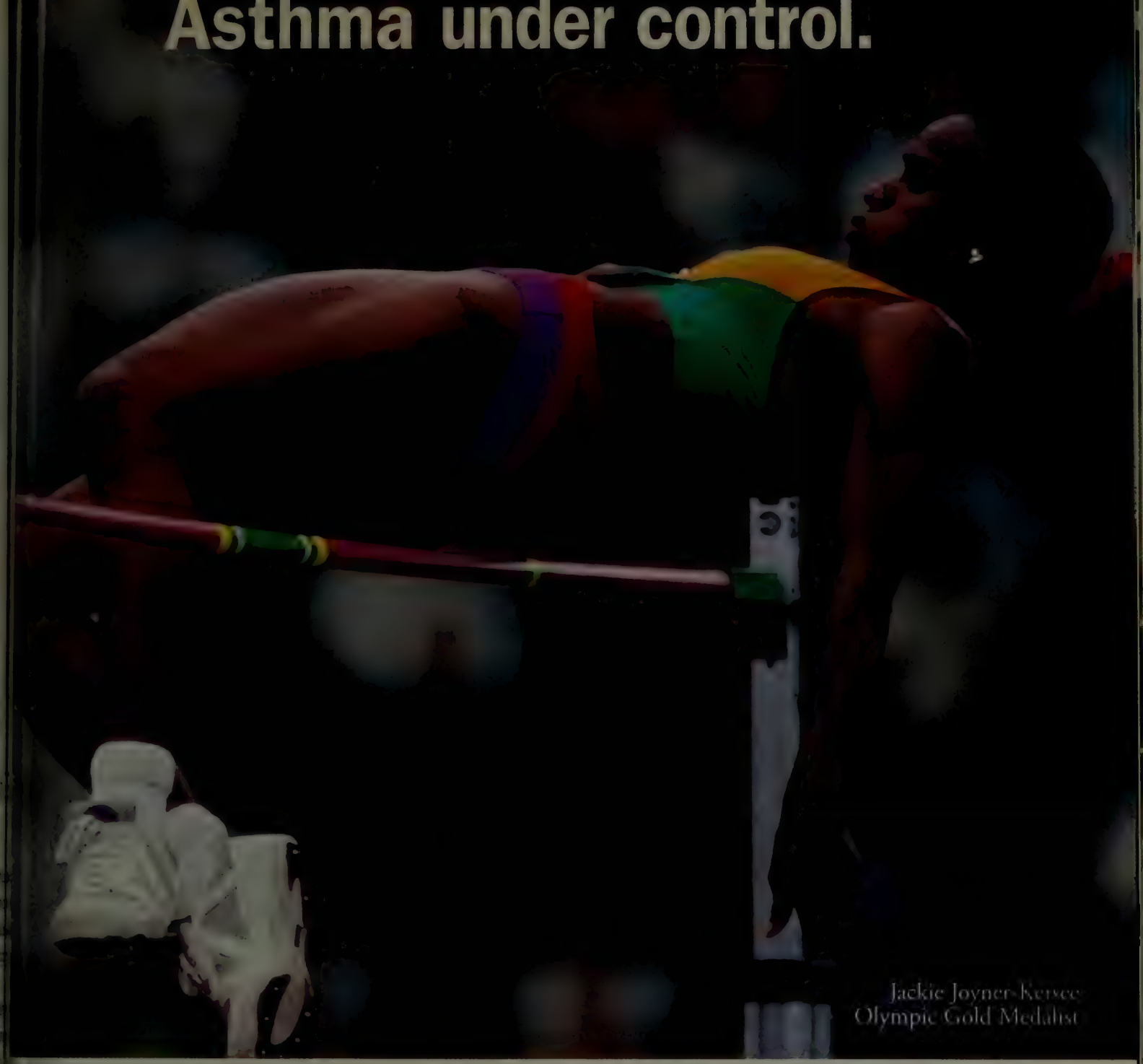
"Right now, you must pay out of your own pocket un you're impoverished enough to qualify for Medicaid says Bonnie Lawrence, spokeswoman for Fami Caregiver Alliance, a nonprofit organization in Sa Francisco that provides support to caregivers.

Medicaid, often thought of strictly as a governme health program for the poor, does pay for nursing home but only after you spend your own assets. Medicaid co erage and eligibility requirements vary from state to stat so be sure to check out the requirements where you liv On the other hand, Medicare, the federal program f seniors, mostly covers hospital care and doctor visits, b doesn't pay for nursing homes or in-home health care.

Most cities offer a host of long-term care service including home health aides to help with daily living; vo unteers to assist with chores; transportation to and fro

continued on page 10

Asthma under control.



control my asthma every day. So can you."

f you have asthma, you and I have a lot in common. We both every day of our lives with a condition whose symptoms are tening–whether they strike on the track or in the supermarket. ve learned the hard way that following the plan your doctor cribes is the only way to control asthma. And that just treating attacks isn't enough. Because if your asthma is really under rol, those symptoms shouldn't keep coming back regularly. hat's why you should contact the Asthma Control Program from o Wellcome. They'll send you a free kit full of the latest infor- on to help you understand and manage your asthma better– uding the latest ways to help prevent attacks before they happen. o send in the coupon or call 1-800-818-4515, ext.107. The sooner get with the program and stick with the ram, the sooner you can truly take rol of your asthma."

Jackie Joyner-Kersee

The Asthma Control Program
P.O. Box 6427, W. Caldwell
New Jersey 07007-6427
Or call toll free:
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from
GlaxoWellcome
Glaxo Wellcome Inc.

Cut here

Long-Term Health Care

continued from page 106

doctor visits; and day care programs that offer recreation for seniors and a break for family caregivers. Similar to children's day care, adult day care provides supervision and activities for seniors who shouldn't be left alone.

For adults who can live on their own but need regular care, there are assisted-living programs. Older adults share apartments or condos in a complex geared to their needs. Usually some skilled nursing care, communal meals, housekeeping, social activities, and other help is provided. In almost all instances, the options are cheaper than nursing homes.

Ruth Kelly, 89, lives in a one-bedroom apartment in a seniors-only high-rise, thanks to Minnesota's Living at Home Block Nurse program. Twice a week, a nurse checks on Ruth, who has heart disease and diabetes, among other ailments. A cleaning woman comes once a week, and a volunteer takes her grocery shopping or on outings to see friends or a movie. Fees are on a sliding scale, but there's no cost to Ruth, who lives almost exclusively on Social Security.

"The program saved me from the nursing home," says Ruth, a widow with no children. "It means everything to live on my own."

Ask for help. Networking is key when searching for elder care. Talking to others facing similar situations can offer tremendous emotional comfort and lead to personal recommendations.

A support group helped Marie Saylor find a home aide to help with her husband for a sliding scale fee of $12 an hour. As his condition progressed, group members helped Marie find a day-care program with a full day's activities for $32 a day—far cheaper than the $100 or more a day a nursing home would have charged.

The Family Caregiver Alliance helped Viviane Ames care for her ailing mother. Viviane, 41, had bought a one-bedroom condominium the day before receiving a phone call from her 84-year-old father. He had just been diagnosed with esophageal cancer and could no longer provide the constant care that Viviane's 70-year-old mother needed for her Alzheimer's. Family Caregiver Alliance assigned Viviane a counselor, who discussed various types of assistance and costs.

"It depends on your parents' health, but you can't wait too long to start planning," says Viviane. "It's a subject no one wants to talk about. But if you don't, a parent could have a massive stroke, and suddenly you're thrown into an emergency situation. Would you even know the simple things? Where is the key to the safety deposit box?"

When her father died six months after being diagnosed, Viviane realized she was still in the dark abo many details. "I thought we were pretty well prepare but when I got there, I spent days on the phone, trying piece together my parents' finances," she says.

Is long-term health insurance for you? Unlike basic health policy, long-term insurance provides cove age for nursing homes—which average $38,000 a year and in-home care. Purchased early enough, it can provi the security of knowing that you'll have such care wh you need it and without draining your bank account.

But beware. The industry has been around for lit more than a decade. Only about 100 companies natio wide sell such insuranc Premiums and benefits vary wide and states have just begun to reg late it. The United Seniors Heal Cooperative, a nonprofit consum group in Washington, D.C., and recognized authority on seni health issues, cautions that lon term insurance isn't for everyo and recommends buying only aft careful research.



"It's a subject no one wants to talk about. But if you don't, a parent could have a massive stroke, and suddenly you're thrown into an emergency situation."

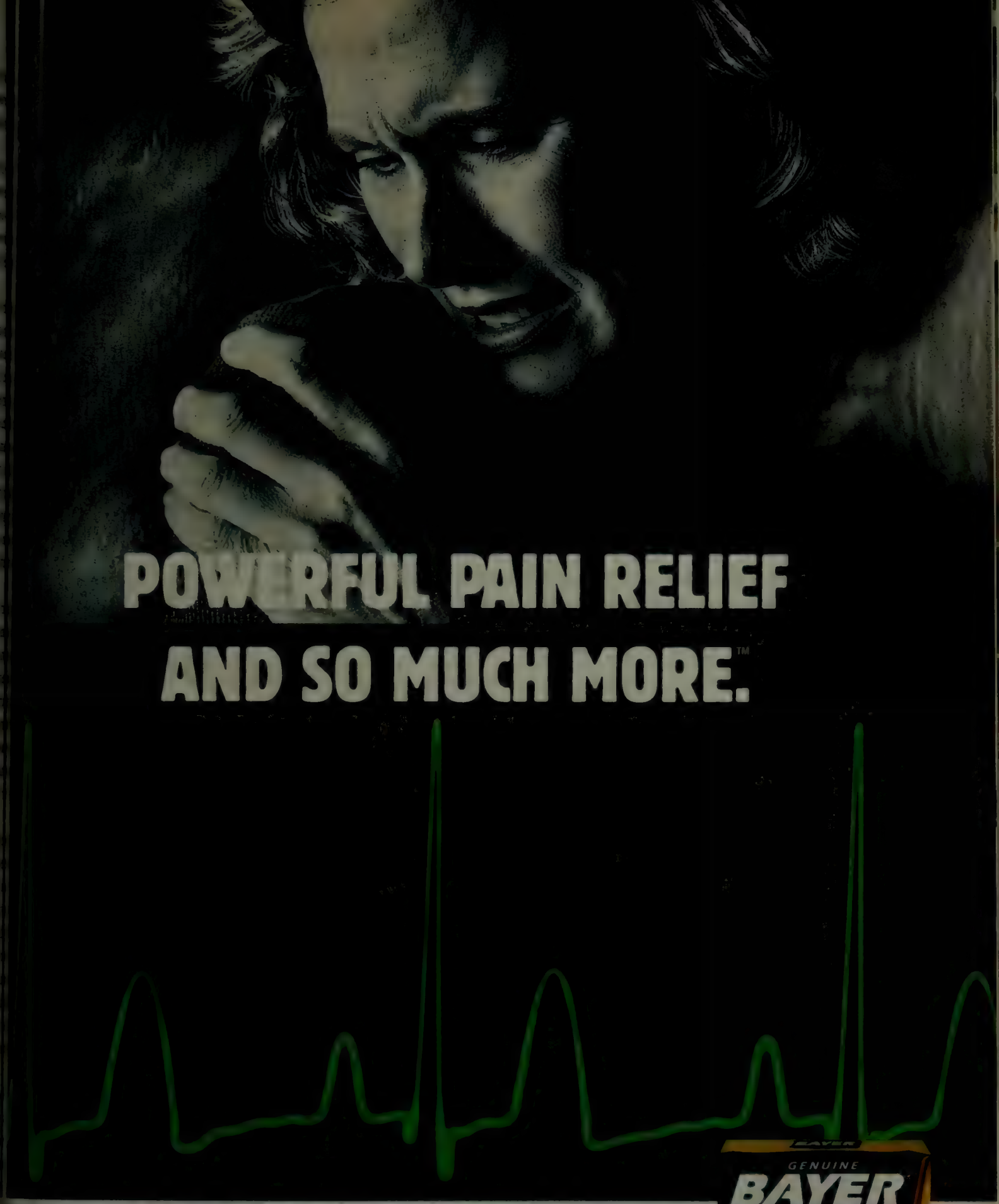
Priscilla Itscoitz, manager of t cooperative's health insurance a benefits counseling program, sa the good policies are flexible—th cover nursing homes and altern tives, such as home care and co munity services. Those that p only for "medically necessary" ca may not be a bargain if you' denied care.

A good long-term insuran policy, says Itscoitz, should cov physical conditions as well Alzheimer's and other cogniti disabilities that can leave physical healthy seniors unable to care f themselves. Also essential is inflation rider, which automatical increases your benefits 5 percent year. If you can't afford inflatio protection, Itscoitz says, don't buy anything.

Marie's long-term insurance policy on her husba offers five years of nursing home coverage at $110 a da which she figures will cover most of the cost. It also pa for home health care, but that would be deducted fro the five years.

"At his age and condition, Cloyd could be in need care for another ten or fifteen years, so I'm saving m coverage for the nursing home," she says. In the mea time, she pays the $95 monthly premiums—along wi the $384 monthly day care fee—out of her own pocket.

continued on page 11



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Long-Term Health Care

continued from page 108

The average annual premium for long-term insurance in 1994 was $1,500, according to a survey of more than 65 percent of people who bought it that year. The survey, done for the Health Insurance Association of America, also found that the average age at which most people bought long-term insurance was 69.

Whatever age you are, consult with an expert before you buy, either a financial advisor or an elder law attorney. The United Seniors Health Cooperative offers literature on long-term insurance and alternatives, such as reverse mortgages (*see Getting Help, opposite page*). With a reverse mortgage, older adults borrow against the equity in their homes. The money is repaid upon death or when the house is sold. Reverse mortgages can be a sensible option if the house has a high value and is almost or completely paid for.

What else to prepare for. Experts stress that while medical issues can be overwhelming by themselves, there is more to plan for. Wills, inheritance, Social Security, and how you want medical care provided also need to be addressed. "The planning can be as simple as starting with a one-page sheet with the heading, "Where my important papers are," says Lawrence.

You or your parent may also want to consider signing a Health Care Advance Directive. This document gives someone else the legal power to make health care decisions for you. The directive combines a health care power of attorney with an expanded version of a Living W Yet unlike the Living Will, whi states your wishes about life-sustai ing medical treatment, an advan directive applies anytime you unable to make or communic your health decisions.

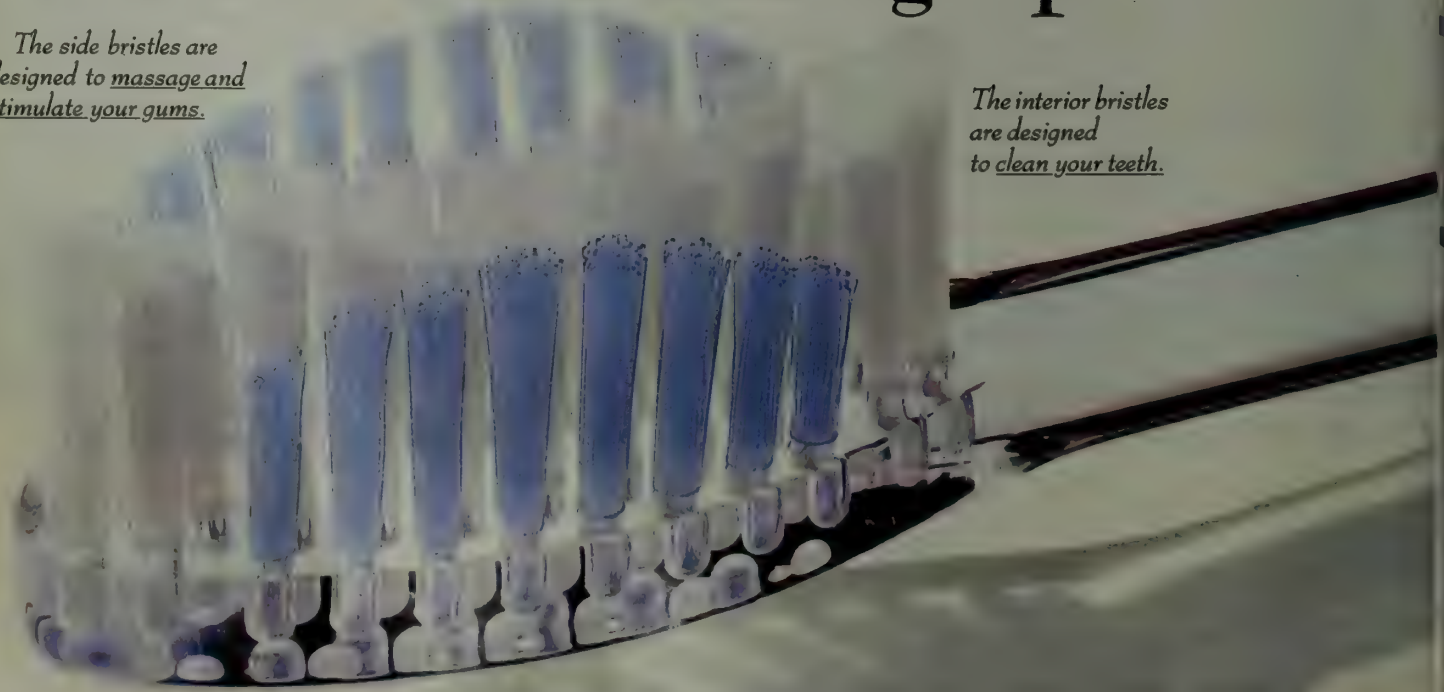
The directive is a powerful doc ment. The person named will ha access to your medical records, c authorize or refuse medication extraordinary measures to save yo life, and can consent to or refu consent for any type of health ca Needless to say, you should choo the person carefully and be sure spell out any specific wishes in t document itself.

Directives are recognized in eve state, although many have speci requirements. To get a form, conta your doctor, a hospital, your sta office on aging, or call Choice Dying at 800/989-9455 for a fr

Introducing The Most Incredible Massage You Can Get Standing Up.

The side bristles are designed to massage and stimulate your gums.

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form of your state's advance directive. If you sign one, make copies to give to your family and doctor.

Depressing and scary as it can be, Lawrence says, the repercussions of not planning can be enormous. "Nobody wants to think about this. Everyone's in denial," she says. For instance, without acquiring something like a durable power of attorney, you can get into complicated legal proceedings, which are unpleasant, expensive, and very time-consuming, Lawrence says.

Planning ahead lets you check out your options while you and your spouse or parent are still in control.

"Some people say 'don't ever put me in a nursing home.' Others say they don't want to be a burden," Lawrence says. "It's good to talk about it. That kind of knowledge is power, and that lets you make informed decisions."

GETTING HELP



For more information on how to better plan for long-term care, contact these organizations:

- United Seniors Health Cooperative provides information on long-term care insurance and offers several publications, including "Long-Term Care: A Dollar & Sense Guide" ($11.50) and "Home Care for Older People: A Consumers Guide" ($13.50). Write to: 1331 H. St., NW, Washington, DC 20005-4706 or call 202/393-6222.
- Family Caregiver Alliance can direct you to long-term care resources in your area as well as mail you general information. Write to: 425 Bush St., Suite 500, San Francisco, CA 94108, or call 415/434-3388. E-mail questions can be sent to: gen-info@ caregiver. org.
- The ElderCare Locator, sponsored by the National Association of Area Agencies on Aging, offers free health insurance counseling and information. Call 800/677-1116.
- For information on health care advance directives, write to the American Association of Retired Persons, Health Advocacy Services, Programs Division, Stock #EE0976, 601 E. St., NW, Washington, D.C. 20049.
- To find a lawyer with experience in handling aging issues, contact the National Academy of Elder Law Attorneys at 1604 N. Country Club Road, Tucson, AZ 85716. For $25, you will receive a list of member lawyers in your area.



our environment

YOU MAKE THE DIFFERENCE

NEW-FORMULA GASOLINES

The words "reformulated" and "oxygenated" have been appearing on gas pumps recently as the next step in the fight for cleaner air.

Both new blends of gasoline lower pollution by 15 to 30 percent when compared to regular gasoline. The fuels, mandated for large metropolitan areas by the 1990 Clean Air Act, contain more oxygen molecules so gas burns cleaner and the output of smog-producing hydrocarbons and carbon monoxide is reduced. Oxygen content is raised by blending gasoline with corn-based ethanol or ether derivatives, which are labeled ETBE and MTBE at the pump.



There is a price to pay: an increase of about 3 to 5 cents per gallon. Fuel economy may also drop slightly.

Manufacturers report no problems with reformulated gasoline and late-model cars. There is some concern, however, about switching fuels with older car engines. Check with your mechanic before changing. Some consumers have complained that the fuel's smell nauseates them. But most can't tell the difference between old and new gasolines.



ON THE NET

Internet sites offering information about the environment are as plentiful as trees in the forest. Here are a few addresses that might help you in your search:

- The Consumer Information Center (CIC) in Pueblo, Colorado, has plunged into the Net with its catalog of 200 government-produced publications. Through its electronic address, you can order booklets covering such topics as lead contamination, radon, and composting. Contact the CIC at http://www.gsa.gov/staff/pa/cic/cic.htm or telephone the center at 719/948-4000.
- The Use Less Stuff Report provides useful tips for cutting down on household waste. It is produced by Partners for Environmental Progress. Contact Report staff at http://www.cygnus-group.com or call 313/668-1690 for information.
- Real Goods sells an amazing array of earth-friendly, energy-saving, and solar-powered products for the home. Contact them at http://www.well.com/www/realgood or call 800/762-7325.

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d you know you don't
e to live close to water to
ome a flood victim? Do you
e flood insurance?

You need to know the answers to these questions. Because the terrifying truth is that floods can happen anywhere, anytime. Flood insurance is the best way to protect yourself *before* the flood hits. Flood damage often goes way beyond that of house and home. Flood victims not only lose their homes and treasured possessions, but rebuilding costs also eat up life savings, retirement funds and children's college educations.

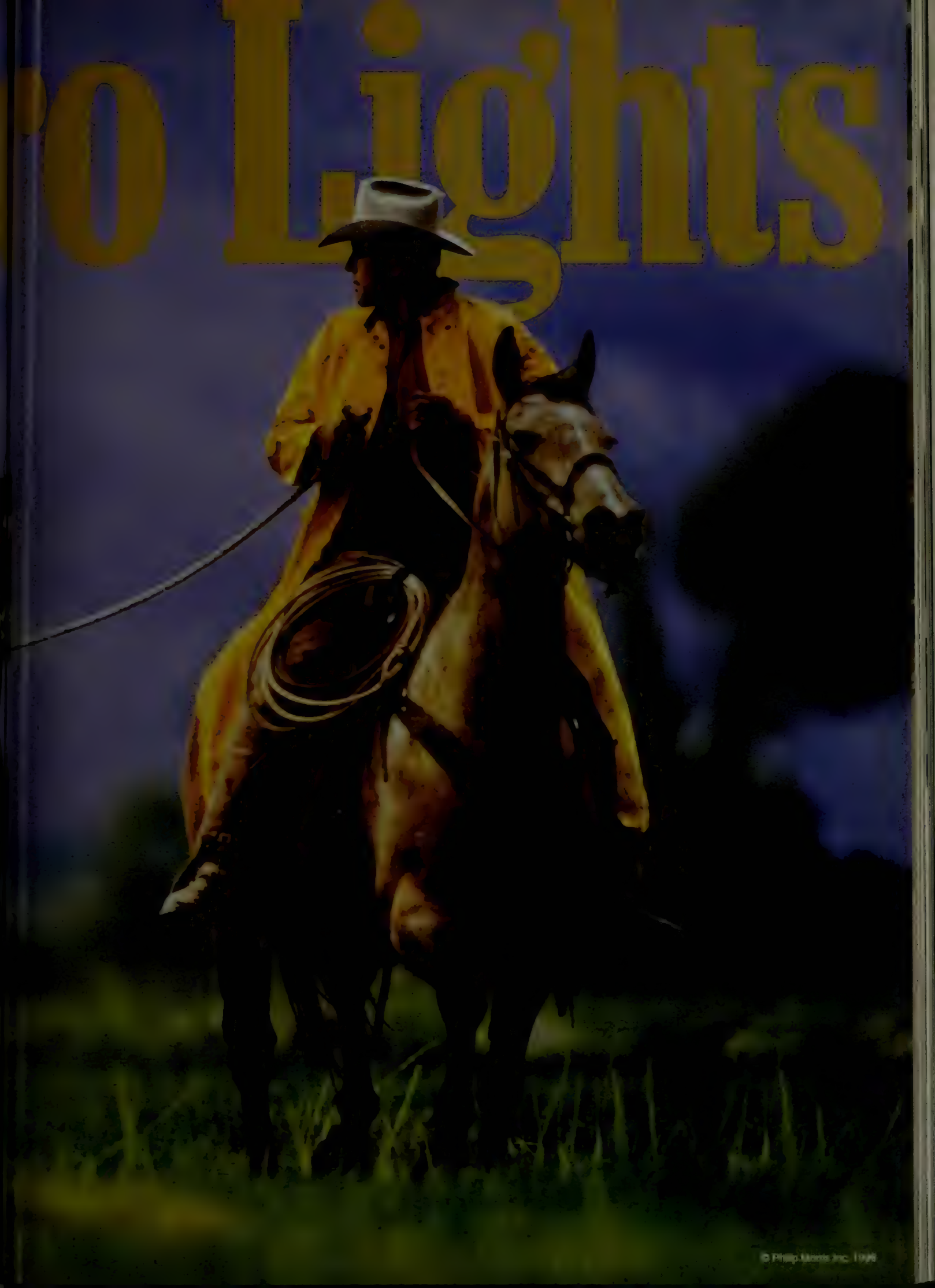
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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

CLARIFICATION

Several readers responded to a tip we published in February that suggested jewelry be cleaned in a solution of ammonia and hot water. While this technique works well for metals and hard gems, jewelers do not recommend it for pearls, emeralds, or jade.

TTT Editors
Better Homes and Gardens

HANDY STORAGE

Hang a mailbox with a lid outside, and use it to store small gardening tools and gloves. These items will be readily available when you need them, and they'll be protected from the weather.

Sandra Wenker
Austin, Texas

EASY AS PIE

To move a heavy sofa across carpet, place disposable aluminum pie pans under two of its legs. Lift the opposite side and push or pull.

Betta Leyland
Doylestown, Ohio

BUTTON KEEPER

Magnetic boxes for hiding keys can be handy in the laundry room. Affix one to your washing machine for a place to keep stray buttons.

Davida Bloch
Harbor City, Calif.

ATTRACTIVE WORKBENCH

Keep a large, rectangular magnet i your workshop. When disassem bling objects held together wit nuts, bolts, or screws, lay the loos hardware on the magnet to avoi losing it.

Elaine C. Hage
Aptos, Cali

SCRUBBING BUBBLES

To clean hard-to-reach spaces i narrow-necked vases, try using a effervescent denture cleaning tablet Fill the vase or bottle with water an drop in one tablet, then let the glass ware soak overnight. Rinse thor oughly before using.

Hilda M. Batterberr
Spokane, Wash

VINE HELPERS

Square plastic clips used to clos bread bags come in handy for sup porting young vines. When a vin begins to climb wires or netting, sli the clip around its stem, and hook i onto the support. This holds th vine gently in position until it ca catch hold.

Vonnie Kovaci
Gibsons, B.C

SEND US YOUR TIP

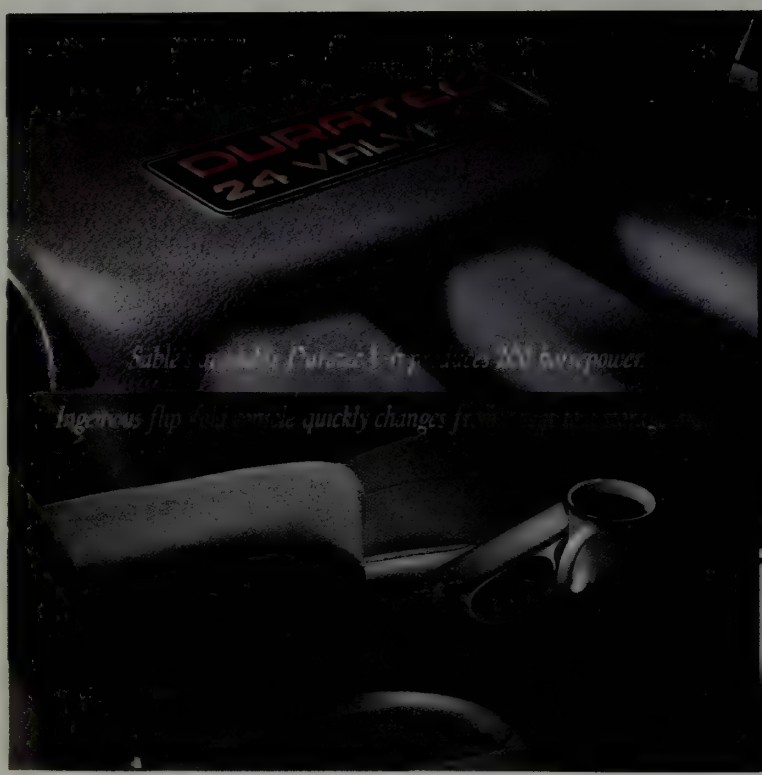
Mail your tip along with a daytime phone number to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.


MAKE A MAN REMEMBER
LONGING

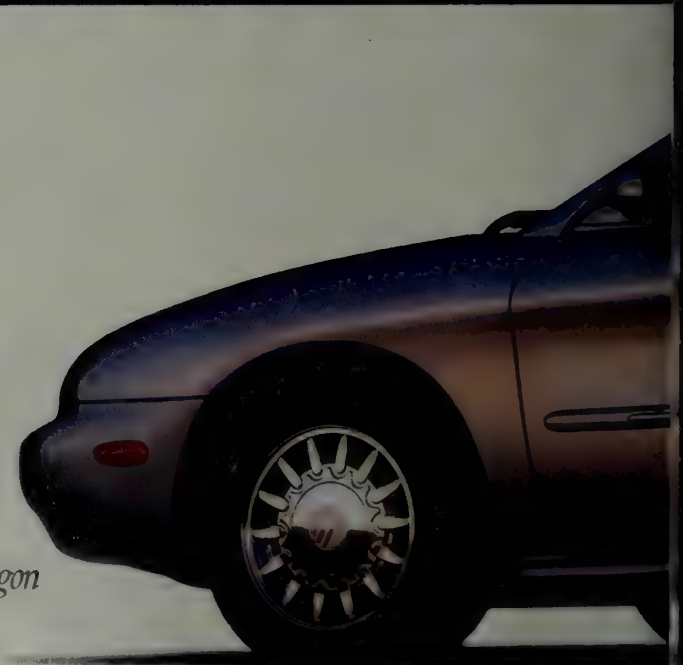
INTRODUCING THE ALL-NEW MERCURY SABLE WAG

It used to be some stretch of the imagination to think a station wagon could ever deliver the ride, handling and comf a sedan. But now it's as simple as imagining yourself in the all-new 1996 Mercury Sable wagon. Sable wagon has a common with Sable sedan—the incredible feeling of solidity, the rewarding and precise road manners and an engin goes 100,000 miles between scheduled tune-ups.* But Sable wagon adds a few twists of its own, like an available rear-

Imaginatio







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d seat, a lockable storage area and 81.8 cubic feet of cargo room within its handsomely styled shape. If you've never sidered owning a wagon but you always find yourself in need of more space, call 1 800 446-8888 to learn more about le wagon (or enter *http://www.Mercuryvehicles.com* for Internet access). Or visit a Mercury ler. One test drive and you might find it easier than you think to imagine yourself in all-new Mercury Sable wagon.

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How to enter: Send a photo showing how your family enjoys your home's garden – planting…playing…partying…whatever is most enjoyable to all of you! Have fun! Be creative!

Send to: Chlor•Trimeton Family Garden Photo Contest, BH&G Mktg , 125 Park Ave., NY, NY 10017

Rules: 1. No purchase necessary **2.** Print your name, address, and phone number on a 3"x5" card and submit with your entry. Include a photograph that captures your family enjoying your home's garden. Photo may be either color or black and white; maximum size is 5"x7". Entries will be judged by a qualified panel of judges based on originality and clarity. Decisions of the judges are final. Entries must be the original creation of the entrant; may not have been published previously and/or cannot have won prizes or awards in other contests; must not be restricted in any way, must not infringe on any third party rights. Limit one entry per envelope. No prize substitutions. Prize is non-transferable. Entries become property of sponsor and will not be returned. No mechanical reproductions. Limit one entry per family or household. **3.** Sponsor reserves the right to modify, edit, adapt, publish and/or use entry in any way, in all media without limitation and without consideration or payment to the entrant. Sponsor is not responsible for lost, late, mutilated, incomplete, misdirected, illegible, indiscernible or postage due entries or mail. In event of a tie, tied entrant must participate in a tie-breaker based on skill. Wisc. residents: in event of a tie, duplicate prizes will be awarded. Any persons pictured in photo must sign an appropriate release. **4.** One First Prize Winner will receive four round-trip coach airline tickets from gateway city airport nearest their home to Orlando, three nights lodging, four two-day passes to Disney World and $500 cash for expenses ($2,700 estimated retail value). Airline tickets subject to availability, 21 day advance notice and may require a Saturday night stay. Trip must be taken by June 15, 1997. Ten Second Prize winners will receive Better Homes and Gardens® Complete Guide to Gardening book/CD package plus Chlor•Trimeton products. ($110 estimated retail value) Twenty-five Third Prize winners will receive a set of four Better Homes and Gardens® gardening books plus Chlor•Trimeton products. ($106 estimated retail value) **5.** Winners required to sign and return a Release of Liability, Affidavit of Eligibility and Assignment within 10 days of notification. Travel companions must sign a Release of Liability within 10 days of notification. Failure to comply with these conditions will result in forfeiture of prize and alternate winner will be selected. Except where prohibited, by accepting prize, winner consents to the use of his/her name, photo, hometown, and/or likeness for advertising and promotional purposes without additional compensation. Entry submission further constitutes the entrant's consent to irrevocably assign and transfer to the sponsor any and all rights, title and interest in the photo including, without limitation, all copyrights. **6.** Entries must be received by June 15, 1996. **7.** Open to all U.S. residents 18 years and older. Employees of Schering-Plough and Meredith Corp. and their subsidiaries, affiliates, sales representatives, distributors, retailers, agents and immediate families of each are not eligible. Winners will be selected on or about July 1, 1996 and notified by mail on or before July 15, 1996. For a list of winners, send a SASE to Chlor•Trimeton Winners' List, BH&G Marketing Services, 125 Park Ave., NY, NY 10017 by July 1, 1996. Subject to all federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the sole responsibility of winner.

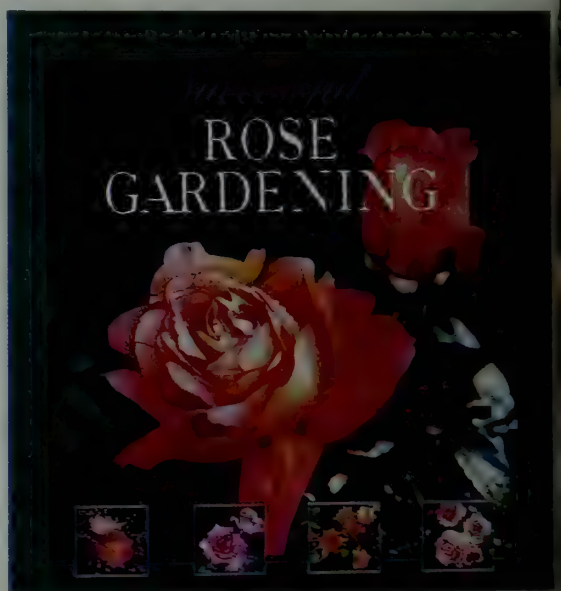


Hardy, Carefree Shrub Roses

If you enjoy our gardening feature on pages 155 to 164, you might like to try these rose varieties in your own landscape. Both were chosen especially for the readers of *Better Homes and Gardens®* magazine.

Constance Spry (page 161) has magnificent clear pink flowers that are very large with an old-fashioned form. This variety can be grown as a climber (reaching up to 15 feet) or pruned as a cascading shrub (6 to 7 feet tall). This rose blooms in June and has a strong fragrance of myrrh. **Royal Bonica** is a derivative of Bonica (page 156) and features abundant flower production and good disease resistance. It is a vigorous, bushy plant growing 3 to 4 feet ta with clusters of up to 20 pink bloon that produce in flushes all seaso ***Please order roses early; quantiti are limited.*** We regret we are unabl to ship to Alaska, Hawaii, Mexic Puerto Rico, or Canada. Roses a shipped at the proper time f planting in your zone of the countr (approximately March 1, 1996, t May 15, 1996). The price for on rose is $17.95; two roses are $33.9 and three roses are $48.95; addition roses cost $14.00 each. A charge $7.50 per order (regardless of th number of roses ordered) will b added to the price for shippin handling, and applicable sales tax.

Covering everything from the history and lore of roses to selecting and cultivating them for different types of garden styles, ***Successful Rose Gardening*** from *Better Homes and Gardens* Books is the perfect guide for gardening enthusiasts interested in roses and rose growing. The 224-page hardcover book costs $34.95, which includes all shipping and handling charges plus applicable sales tax.



TO ORDER with a major credit card, call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066. To order by mail, make a list of the varieties and quantities of roses and books you would like to order and calculate the total amount due from the prices shown above. (If ordering roses, please be sure to include the one-time charge for shipping, handling, and sales tax.) Then send your list along with your name, address, and a check or money order for the total to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9604, Box 9128, Des Moines, IA 50306-9128.


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Relieves: Sneezing, Itchy, watery eyes, Itchy throat, Runny nose
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The delicious Daily Specials.
They make breakfast special *every day*.

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Summer Flowering Bulbs



Specially selected for the readers of *Better Homes and Gardens*® magazine (not available in stores), this collection of 48 bulbs includes white ornithogalum thrysoides, 1 mixed gladiolus, 1 yellow cact dahlia, 8 purple liatris, 3 orang lilies, 12 white acidanthera wi black centers, and 6 mixed freesia Bulbs will be shipped at the prop time for planting in your zone (abo 4/1/96 to 6/15/96). From K. V Bourgondien and Sons, each colle tion costs $27.95, which includ shipping, handling, and sales tax.

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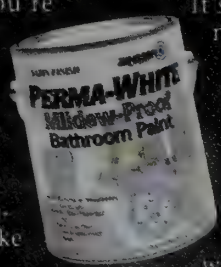


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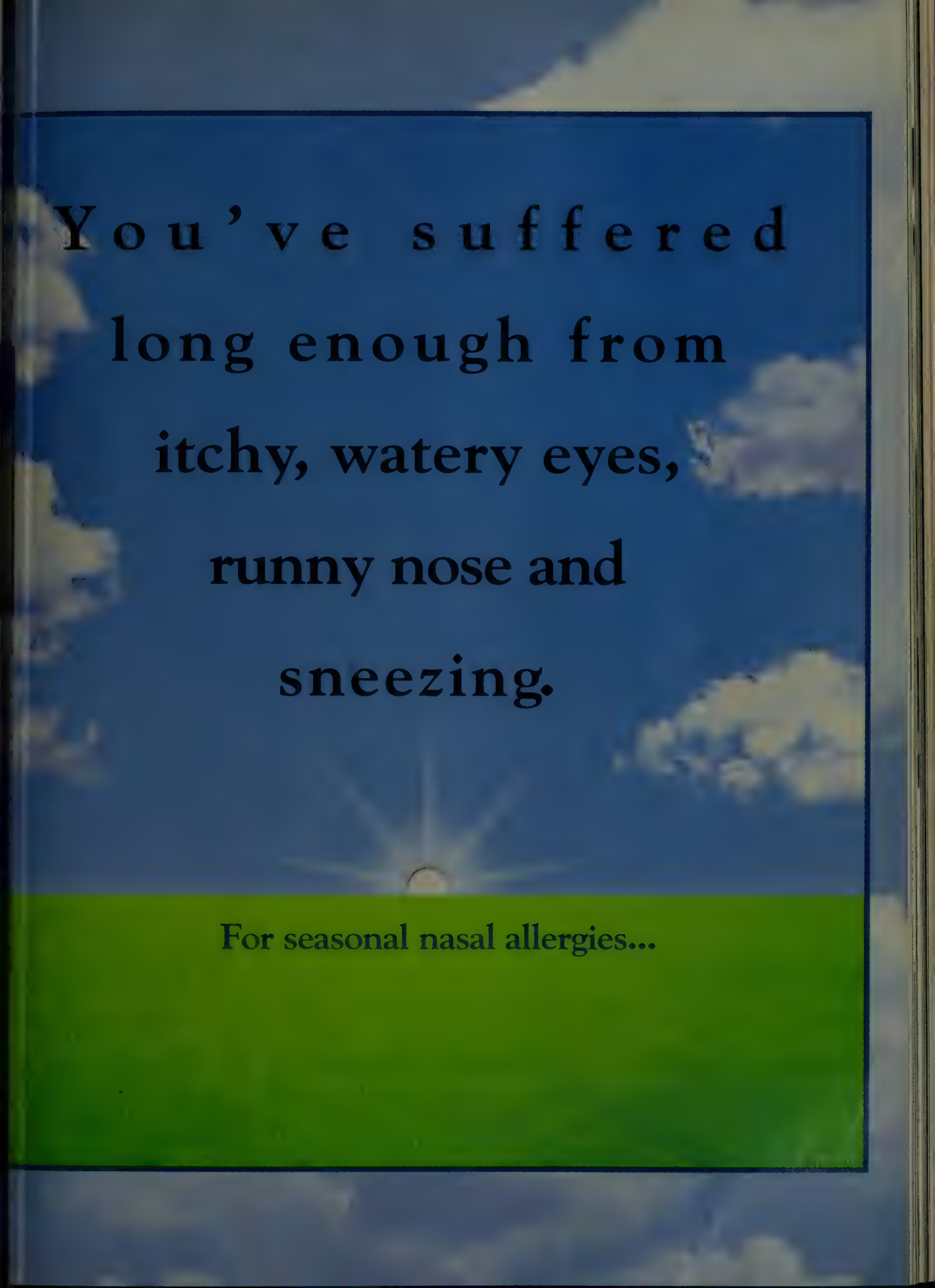
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You've suffered
long enough from
itchy, watery eyes,
runny nose and
sneezing.
For seasonal nasal allergies...


"I use CLARITIN because
it's effective in relieving my itchy,
watery eyes; runny nose; and sneezing."
"I asked my doctor for a
prescription of CLARITI
I tried a number of over-the-counte
antihistamines, but they all
made me drowsy."

ASK YOUR DOCTOR FOR A TRIAL OF ONCE-A-DAY, 24-HOUR

CLARITIN.

Clear relief without drowsiness. In studies, the incidence of drowsiness was similar to placebo (sugar pill) at the recommended dose. Drowsiness may occur if you take more than the recommended dose.

Clear relief for 24 hours. One dose per day provides effective relief from seasonal nasal allergy symptoms.

Clear relief with a low occurrence of side effects. Side effects occurred about as often as they did with placebo (sugar pill). Most common were headache, occurring with 12% of people; drowsiness, 8%; fatigue, 4%; and dry mouth, 3%.

Nondrowsy antihistamines, such as CLARITIN®, are available by prescription only.

Call 1-800-CLARITIN (1-800-252-7484) for a $5.00 coupon and important free information about seasonal nasal allergy relief.

Notify your doctor of other medication(s) you are currently taking. Consult your doctor for important information concerning this product.

Once-a-day

Claritin®

10 mg TABLETS (loratadine)

Clear Relief

Please see following page for additional important information.

Schering / KEY

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Once-a-day Claritin® 10 mg TABLETS (loratadine) Clear Relief

CLARITIN®
brand of loratadine
TABLETS
Long-Acting Antihistamine

BRIEF SUMMARY
(For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN Tablets are indicated for the relief of nasal and non-nasal symptoms of seasonal allergic rhini for the management of idiopathic chronic urticaria.

CONTRAINDICATIONS: CLARITIN Tablets are contraindicated in patients who are hypersensitive to this medication or to an ingredients.

PRECAUTIONS: General: Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) should be given a lower initia (10 mg every other day) because they have reduced clearance of CLARITIN Tablets.

Drug Interactions: Loratadine (10 mg once daily) has been safely coadministered with therapeutic doses of erythromycin, cimetidi ketoconazole in controlled clinical pharmacology studies. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parar clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no re of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentr (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alor clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratad
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month oncogenicity study in mice and a 2-year study loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies, pharmacc assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 of loratadine was 3.6 (loratadine) and 18 (active metabolite) times higher than a human given 10 mg/day. Exposure of rats given 25 m loratadine was 28 (loratadine) and 67 (active metabolite) times higher than a human given 10 mg/day. Male mice given 40 mg/kg hac nificantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a signif higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and mal females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN Tablets is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) a or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (I Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lym Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction in the mouse at 40 mg/kg and rat at 25 mg/kg, but lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at approximately 64 mg/kg and was reversib cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at doses of approximately 24 mg/kg

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats and rabbits at oral doses 96 mg/kg (75 times and 150 times, respectively, the recommended daily human dose on a mg/m² basis). There are, however, no ad and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human res CLARITIN Tablets should be used during pregnancy only if clearly needed.

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk and achieve concentratio are equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for the parent and active metabolite, respectively. Follo single oral dose of 40 mg, a small amount of loratadine and metabolite was excreted into the breast milk (approximately 0.03% of over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importa the drug to the mother. Caution should be exercised when CLARITIN Tablets are administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been established.

ADVERSE REACTIONS: Approximately 90,000 patients received CLARITIN Tablets 10 mg once daily in controlled and uncontrolled s Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 weeks' to 6 months' duration. The rate mature withdrawal from these trials was approximately 2% in both the treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CLEMASTINE 1 mg BID n = 536	TERFENA 60 mg n = 6
Headache	12	11	8	8
Somnolence	8	6	22	9
Fatigue	4	3	10	2
Dry Mouth	3	2	4	3

Adverse events reported in placebo-controlled idiopathic chronic urticaria trials were similar to those reported in allergic rhinitis stu

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the number of non-white subjects wa tively small.

In addition to those adverse events reported above, the following adverse events have been reported in 2% or fewer patients.

Autonomic Nervous System: Altered lacrimation, altered salivation, flushing, hypoesthesia, impotence, increased sweating, thirst

Body As A Whole: Angioneurotic edema, asthenia, back pain, blurred vision, chest pain, conjunctivitis, earache, eye pain, fe cramps, malaise, rigors, tinnitus, upper respiratory infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, syncope, tachycardia.

Central and Peripheral Nervous System: Blepharospasm, dizziness, dysphonia, hyperkinesia, migraine, paresthesia, tremor, vertig

Gastrointestinal System: Abdominal distress, altered taste, anorexia, constipation, diarrhea, dyspepsia, flatulence, gastritis, inc appetite, nausea, stomatitis, toothache, vomiting.

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depression, impaired concentration, insomnia, nervou paroniria.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis.

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemoptysis, laryngitis, nasal congestion, nasal d pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, pruritus, purpura, rash, urticaria.

Urinary System: Altered micturition, urinary discoloration.

In addition, the following spontaneous adverse events have been reported rarely during the marketing of loratadine: abnormal function, including jaundice, hepatitis, and hepatic necrosis; alopecia; anaphylaxis; breast enlargement; erythema multiforme; per edema; seizures; and supraventricular tachyarrhythmias.

OVERDOSAGE: Somnolence, tachycardia, and headache have been reported with overdoses greater than 10 mg (40 to 180 mg) event of overdosage, general symptomatic and supportive measures should be instituted promptly and maintained for as long as nece

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except in patients with impaired consciousness, follo the administration of activated charcoal to absorb any remaining drug. If vomiting is unsuccessful, or contraindicated, gastric lavage be performed with normal saline. Saline cathartics may also be of value for rapid dilution of bowel contents. Loratadine is not elimin hemodialysis. It is not known if loratadine is eliminated by peritoneal dialysis.

Oral LD_{50} values for loratadine were greater than 5000 mg/kg in rats and mice. Doses as high as 10 times the recommended doses showed no effects in rats, mice, and monkeys.

Schering Corporation
Kenilworth, NJ 07033 USA

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by Alvin Tresselt, *Dean of Faculty*

"Writing for children is the perfect way to begin," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."

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tude. It's free, and we don't charge for our evaluation. Those who pass are eligible to enroll and receive our promise:

You will complete at least one manuscript for submission to an editor or publisher by the time you finish the course.

Of course, not everyone gets published; we simply promise you the best training available.

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This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way:

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- I return it, along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve.

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It's a matter of push and pull. You push and I pull, and between us both, you learn how to write and how to market your writing.

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"I don't know which was the biggest thrill: getting the contract, the check, or seeing the magazine with my story in it," says Connie Hedges, Fort Scott, KS. "I'm still grinning from ear to ear."

"I love the flexibility of the course!" says Kathleen Sue Jones, Carmichael, CA. "You can create your own schedule and timetable."

"My knees turned to jelly"

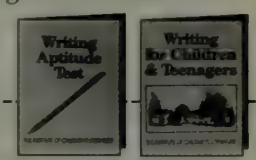
When Deborah Wells of Leesburg, VA, received her first acceptance, she says, "My knees turned to jelly.... The Institute's advice, comments, suggestions, and constructive criticism have taken me from someone who has good ideas to someone who can put those ideas on paper and make them marketable."

Bob Horning, Ann Arbor, MI, sold two stories to *Cricket*. "I honestly didn't think my stories would be good enough for that magazine," he writes, "but my instructor did."

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A Backyard Cottage

Here's a flexible space: After school this backyard getaway is filled with teenagers and the blips and beeps of computer games. But a few hours later, it may offer quiet retreat to overnight guests.



When guests are ready for rest, they pull down light-blocking shades and pull out the sofa bed.

Karen and John Fedor had two purposes in mind when they built this octagon-shape, 400-square-foot cottage behind their Charlotte, North Carolina, home. Their house had no guest bedroom, and the Fedors' sons wanted a place to escape.

Karen says, "We put all the boys' electronic equipment out there and it's their haven. We have to reel them in when it's time for meals."

Landscape architect Brian Zimmerman sketched rough plans for the octagon, which is entered by crossing a low bridge over a fish pond. The structure has the appeal of a tropical hut as it nestles into the backyard greenery.

Builders added details to the structure, which has a 17½-foot diameter main room, imported clay floor tiles, and a space-efficient bathroom with a shower. Sunshine plays a dominant role in the cottage's ambience thanks to the expansive windows.

To give the compact interior some volume, the ceiling is vaulted. It took 68 carefully mitered rafters to do the trick. Enough room was left between the roof and ceiling for insulation and installation of a heating and cooling system so the small house remains comfortable year round. An undercounter refrigerator and plenty of built-in storage make living quarters complete.



In the spring, more than 100 blooming white crocuses surround the cottage. When the flowers are dormant in fall, ginkgos and Japanese maples create a backdrop of brilliant colors.

Karen says the cottage serves the family well during reunions. "Our families live out of town and this gives them a quiet space to stay when they come. Each year they all try to call dibs on it for the next summer."



"Flea control? Now? I don't even have fleas."

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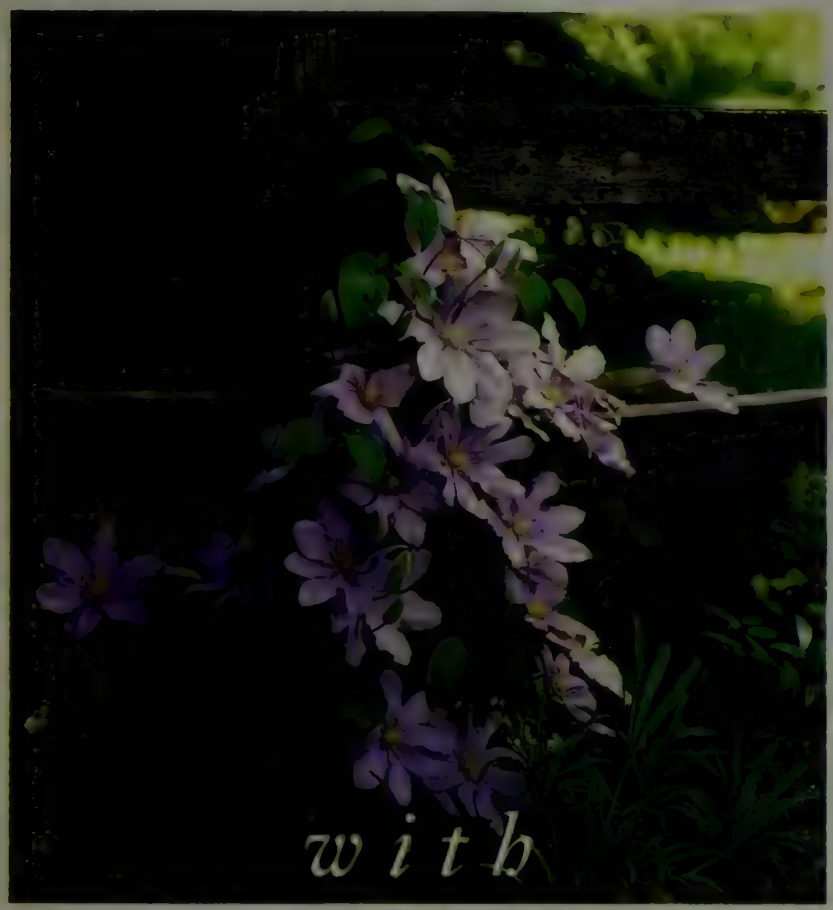
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aiming high



vines

HOW CLIMBERS PROVIDE SHOW-STOPPING COLOR AND STYLE

With their fluid lines and flexible nature, few other plant groups provide the visual drama and landscape design versatility of vines. They easily can be coaxed to grow almost anywhere and any way you want—over, under, around, through, outward, or skyward. Think of them as luxurious lengths of rich roping and textured fabric for adding new dimension and depth to the garden. And from the wide selection of the world's annual, perennial, and woody vines, you're sure to discover several well-suited to special niches in your garden.

continued on page 134



Delicate flowers and deciduous foliage deck the stalwart vine *Clematis montana rubens*. This fast-growing species, less temperamental than some clematis cultivars, is blanketed with sweetly scented, 2-inch blossoms in late spring. Young growth emerges a bronzy purple.

aiming high with vines



From the frost-tender climbing lily to hardy Virginia creeper, vines differ in cold tolerance. Purchase plants rated cold-hardy for your region. Dropmore Scarlet honeysuckle, *right*, is known for its winter hardiness (to -40 degrees) and long, midsummer to mid-fall bloom. The vine grows up to 8 feet as a screen or groundcover. Its coral-red, trumpetlike (though non-fragrant) flowers attract hungry hummingbirds.



Chinese wisteria, *right*, is a classic, woody climber whose sweetly fragrant, lilac-blue flowers appear in spring on pendulous clusters up to a foot long. This rapidly growing, deciduous vine reaches up to 40 feet at maturity and requires strong support. Though the plant is shade- and drought-tolerant, full sun and ample moisture ensure heavy bloom. To keep in bounds, prune by up to one-half its height in late winter.

PHOTOGRAPHS: DAVID CAVIGNARO

Beautiful and useful, vines function with flourish. They clothe walls, skirt fence tops or porch rails, soften corners, festoon shrubberies, screen unsightly views, block breezes, and create shade. Some control erosion; others provide shelter and food for wildlife. Use climbers for vertical interest in tight places, for dramatic border backdrops, and for eye-level entryway greetings. Selecting wisely among available vines, you can fill both high-profile and trouble-some garden spots and often get abundant flowers and fascinating foliage, fruit, fall color, or fragrance in the bargain.

continued on page 136

aiming high with vines



An inexpensive packet of humble morning glory (*Ipomoea purpurea* or *I. tricolor*) seeds quickly, creating a lavish, cottage garden effect. This water-thrifty, easygoing summer annual boasts heart-shaped leaves and a long succession of delicate blossoms that open in the morning and fade in the afternoon. Plant the vines in a sunny spot where their freshly opened, showy flowers can be appreciated by passersby.

continued on page 138

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ROSES
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aiming high with vines

A hardy, vigorous, native vine with mostly tropical relatives, trumpet creeper (*Campsis radicans*) brings a touch of the equatorial rainforests to temperate gardens with its lush foliage and flowers. The deciduous climber grows up to 40 feet with the aid of its rootlike holdfasts. Plant near strong supports, away from painted surfaces. Because vines venture away from the protective warmth of the soil, they are more prone to winter damage than other plants. In harsh-winter regions, plant vines in wind-protected spots.





PHOTOGRAPH: DAVID CAVAGNARO

Dark bluish-green foliage acts as a sumptuous backdrop for Alabama Crimson honeysuckle's pendant, flaming flower clusters, *left*. Though shade-tolerant, the twining vine prefers basking in full sun where it can reach up to 20 feet. Shown cascading over a brick wall, it's equally at home interlaced on trellises or through sturdy shrubs. To better enjoy visiting hummers, plant it near a window.

continued on page 140

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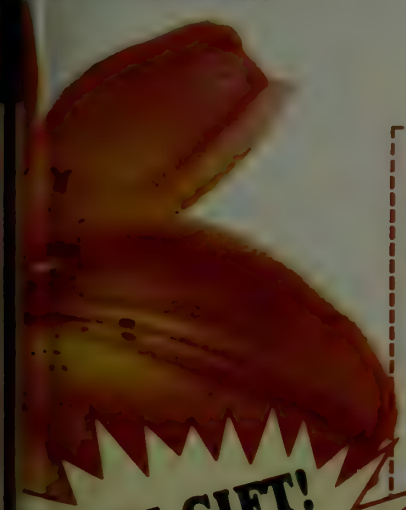
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aiming high with vines



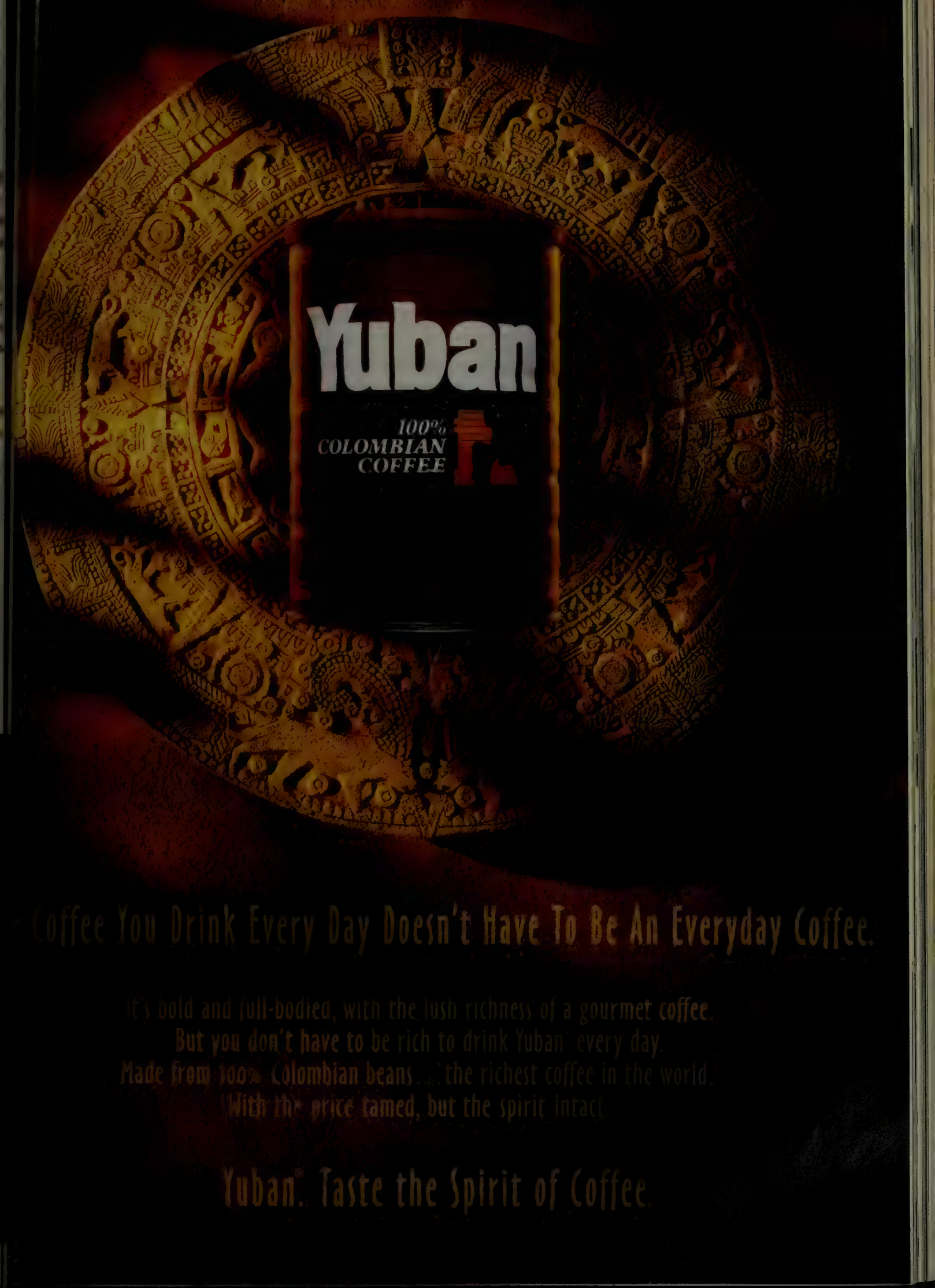
PHOTOGRAPH: DAVID CAVAGNARO

With more than 200 species gracing the globe, there's a color-rich clematis for every garden. The vines' easily trained stems, studded with flowers up to 9 inches across, are especially effective weaving through shrubs or climbing roses and up into well-established fruit trees.



A well-anchored, wooden pergola is ample support for robust, potentially heavy, woody vines. Graham Thomas lonicera, or wild woodbine, *right*, festoons a pergola with the aid of loose, twine ties and nylon bird netting. This hardy, cottage garden classic, discovered in an English hedgerow, rapidly reaches up to 40 feet, blanketing itself with heavily fragrant blooms from summer through fall.

continued on page 142



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Special Garden Section

aiming high with vines



PHOTOGRAPH: ERIC ROTH. REGIONAL CONTRIBUTOR: ESTELLE BOND GURALNICK

Many vines are artfully designed to climb. Grapevines hoist themselves by twisting slender tendrils around supports. Wisteria stems twine around props in tight curlicues. Virginia creeper clings to surfaces with sucker-tipped tendrils, while aerial roots anchor climbing hydrangea. The annual hyacinth bean vine, *above*, is a twiner that proffers edible, sweet-pea-like flowers and pendant pods.



PHOTOGRAPH: R. TODD DAVIS

Cardinal climber (*Ipomoea x multifida*), a tropical twiner, is an exotic-looking cousin of morning glory vines. Grown as an annual, its bright-eyed, cardinal-red blossoms and deeply lobed leaves grace stems reaching 20 feet. Sprout seeds of both cardinal climber and morning glory indoors in late winter to get a headstart on spring. Both vines grow well outdoors in pots equipped with lightweight trellises.

continued on page 148

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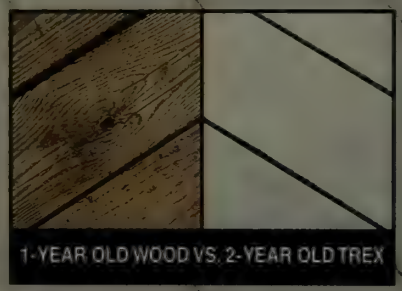
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The only product ever proven to regrow hair.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia: hair loss on the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women. ROGAINE is a topical form of minoxidil, for use on the scalp.

How effective is ROGAINE?
In men: Clinical studies in ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 58% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.
In women: A clinical study of women with hair loss was conducted by doctors in 11 US medical centers. Based on patients' self-ratings of regrowth after 32 weeks, 59% of the women using ROGAINE rated their hair regrowth as moderate (19%) or minimal (40%). For comparison, 40% of the women using placebo (no active ingredient) rated their hair regrowth as moderate (7%) or minimal (33%). No regrowth was reported by 41% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. A temporary increase in hair shedding may occur 2 to 6 weeks after starting treatment with ROGAINE as some hair follicles shift from the resting phase to the growth phase (as new hair growth begins, old hairs are released). An increase in shedding should not last more than a few weeks. If it does, your physician will need to rule out other causes. Successful hair regrowth can only be evaluated after continuous, twice-daily treatment for 4 months or longer.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis – 7.36%; **Respiratory:** bronchitis, upper respiratory infection, sinusitis – 7.16%; **Gastrointestinal:** diarrhea, nausea, vomiting – 4.33%; **Neurologic:** headache, dizziness, faintness, light-headedness – 3.42%; **Musculoskeletal:** fractures, back pain, tendinitis, aches and pains – 2.59%; **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases – 1.53%; **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity – 1.27%; **Metabolic-Nutritional:** edema, weight gain – 1.24%; **Special Senses:** conjunctivitis, ear infections, vertigo – 1.17%; **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching – 0.91%; **Urinary Tract:** urinary tract infections, renal calculi, urethritis – 0.93%; **Endocrine:** menstrual changes, breast symptoms – 0.47%; **Psychiatric:** anxiety, depression, fatigue – 0.36%; **Hematologic:** lymphadenopathy, thrombocytopenia, anemia – 0.31%

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema; hypertrichosis (excessive hair growth); local erythema (redness); pruritus (itching); dry skin/scalp flaking; sexual dysfunction; visual disturbances, including decreased visual acuity (clarity); increase in hair loss; and alopecia (hair loss).

Can ROGAINE Topical Solution cause unwanted hair growth?
Facial hair growth has been reported with the use of ROGAINE, particularly by women. The cause is unknown but may be related to continuous, unintentional exposure of the face to the medicine or to hair follicles on the face that are extremely sensitive to very low levels of medicine absorbed from the scalp. To minimize the chances of hair growth on the forehead or temples, wash your hands after applying ROGAINE and be careful not to transfer the medicine from your scalp to other parts of your body.

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE were applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.
Salt and water retention: weight gain of more than 5 pounds in a short time or swelling of the face, hands, ankles, or stomach area.
Problems breathing: especially when lying down; a result of a buildup of body fluids or fluid around the heart.
Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

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Find out about *Rogaine*, the on product proven to regrow hai

20 million healthy American women hav inherited diffuse hair loss. It's very common and can come from either side of your famil

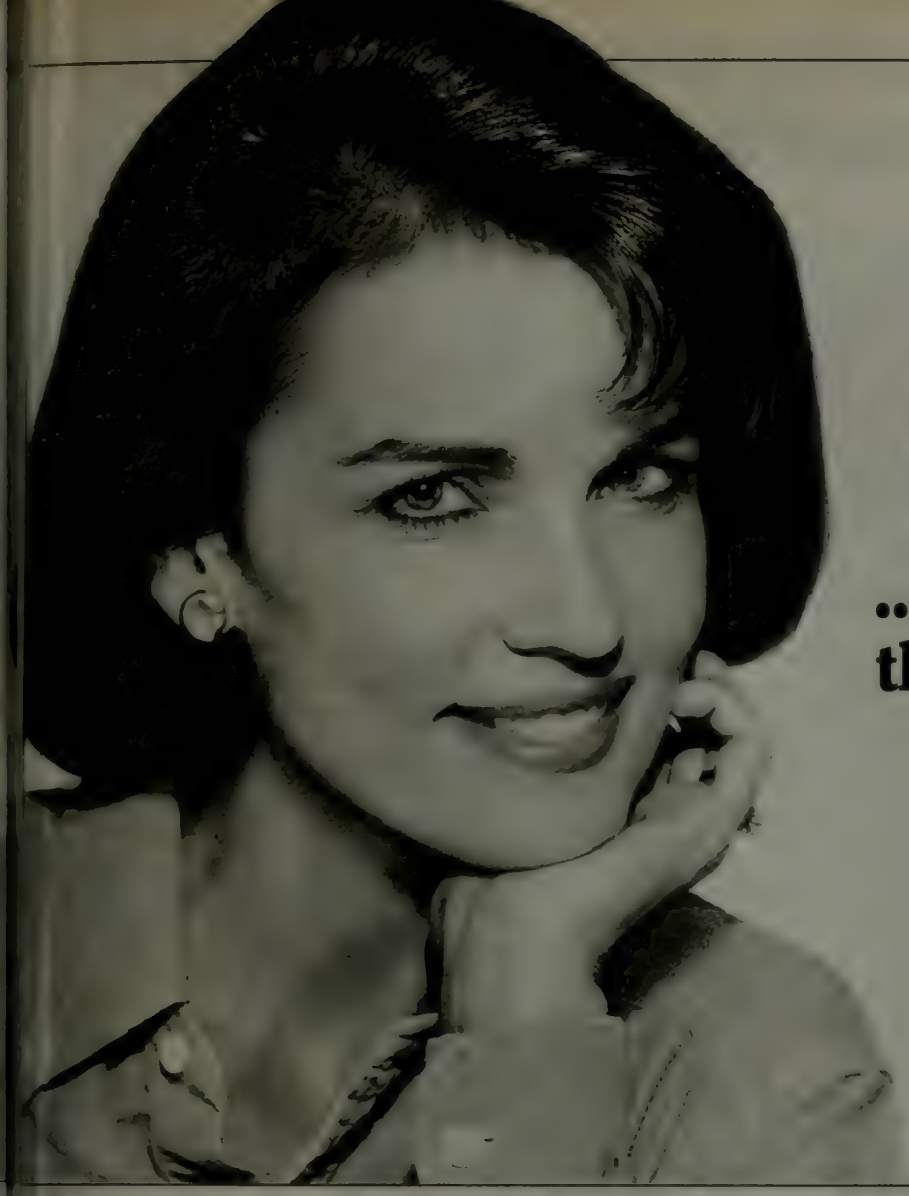
Unfortunately, most women don't realize that female diffuse hair loss may be *treatabl* That it is *possible* to regrow your hair with *Rogaine*® Topical Solution (minoxidil topica solution 2%).

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In 8-month clinical tests conducted by d matologists, 59% of the women using *Roga* reported hair regrowth (40% had minimal



What to do if you have your father's striking blue eyes ...but your mother's thinning brown hair.

rowth and 19% had moderate regrowth). pse using a placebo (a similar solution hout the active ingredient in *Rogaine*) orted 33% minimal regrowth and 7% derate regrowth. No regrowth was reported 60% of the group using a placebo and 41% he group using *Rogaine*.

Rogaine should only be applied to a normal, lthy scalp (not sunburned or irritated).

e effects: About 7% of those who used *aine* had some itching of the scalp. (Roughly of those using a placebo reported the same or irritations.)

Rogaine should not be used by pregnant nursing women as studies have not been ducted in these groups. Effectiveness in tmenopausal women has not been studied.

Make a commitment to see results.

Rogaine takes only a few minutes a day pply and has no effect on perms or styling s. And if you respond to treatment, you ht just find that, with even a little more , you could enjoy the looks you've inherited hole lot more.

Studies indicate that *at least 4 months of twice-daily treatment with* Rogaine *are usually necessary before there is evidence of regrowth.*

Keep in mind that *Rogaine* is a treatment, not a cure. So further progress is only possible by using it continuously. If you stop using it, you will probably lose your newly regrown hair within a few months.

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So why not indulge another trait you've inherited? Your curiosity! Find out more about *Rogaine* right now. Call **1-800-976-1199** for a free Information Kit about the product and how to use it, **plus** a $10 incentive to visit a doctor soon. **Then, since you need a prescription to get *Rogaine*,** see your doctor and ask whether *Rogaine* is right for you. If you prefer a doctor other than your own, we'll include a list of nearby dermatologists or other doctors experienced in treating hair loss.

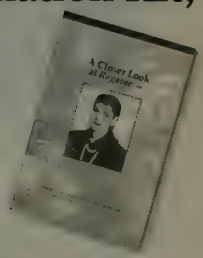
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See adjacent page for important additional information.

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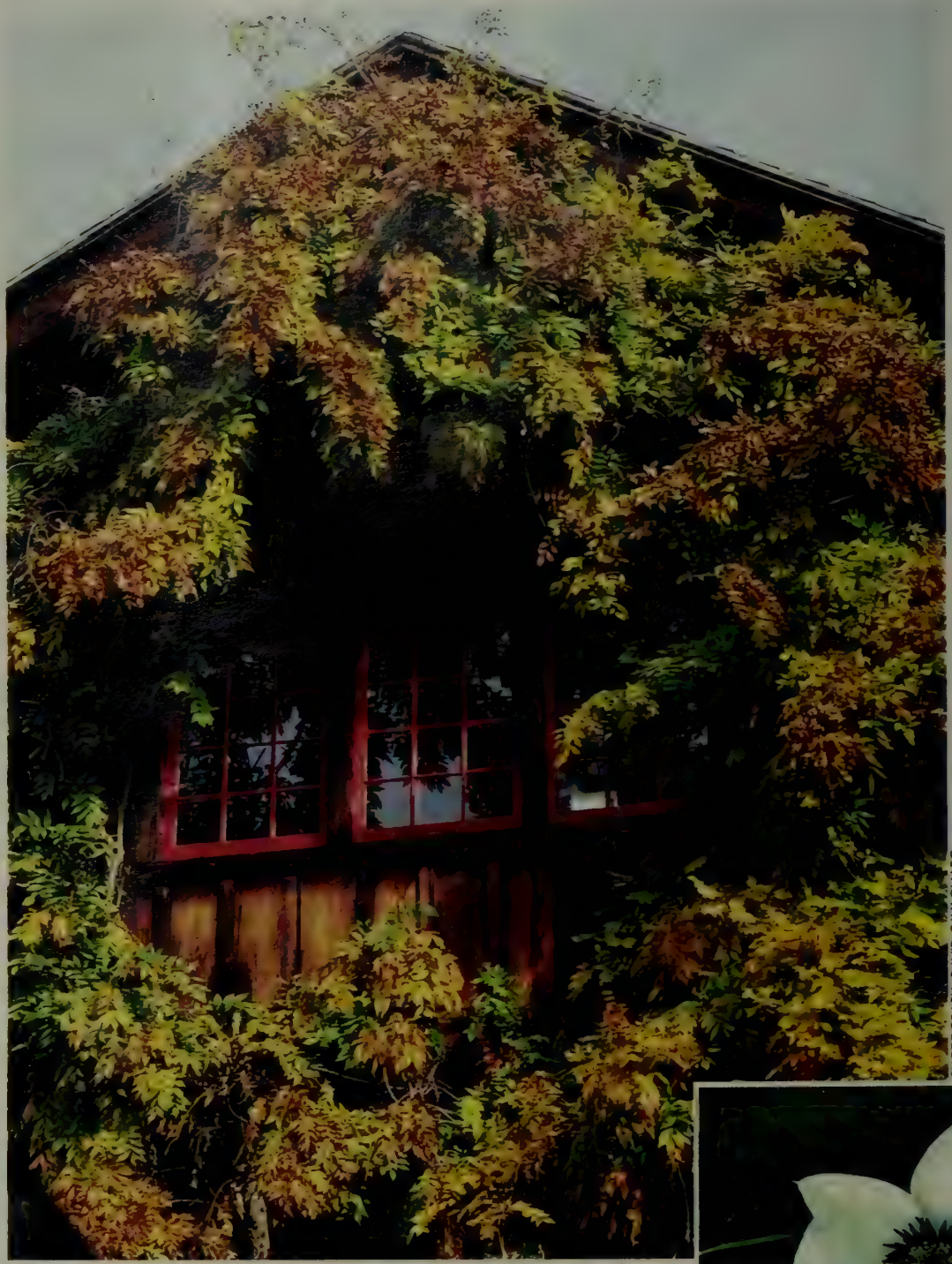
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aiming high with vines



PHOTOGRAPH: DAVID CAVAGNARO

Chinese wisteria trumps its lavish, spring floral display with a wash of warm, welcoming leaf color in autumn, *left*. Other climbers admired for their fall-foliage hues include climbing hydrangea, flushing pale apricot-yellow; Boston ivy (*Parthenocissus tricuspidata*), turning brilliant red; and gloryvine (*Vitis coignetiae*), an ornamental grapevine with rounded leaves that blaze gold, orange, and crimson.

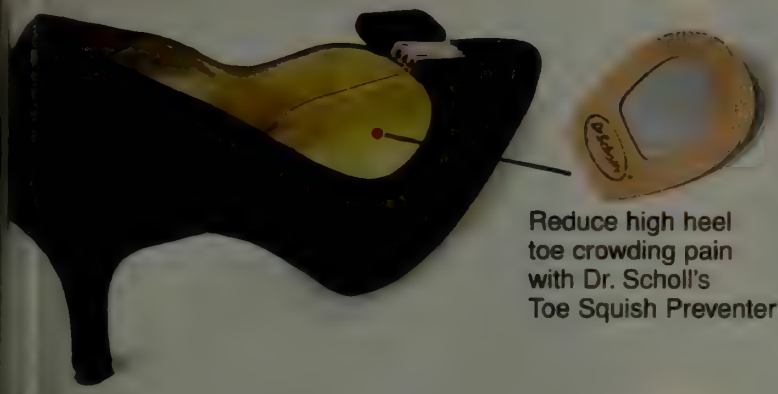


PHOTOGRAPH: MICHAEL MCKINLEY

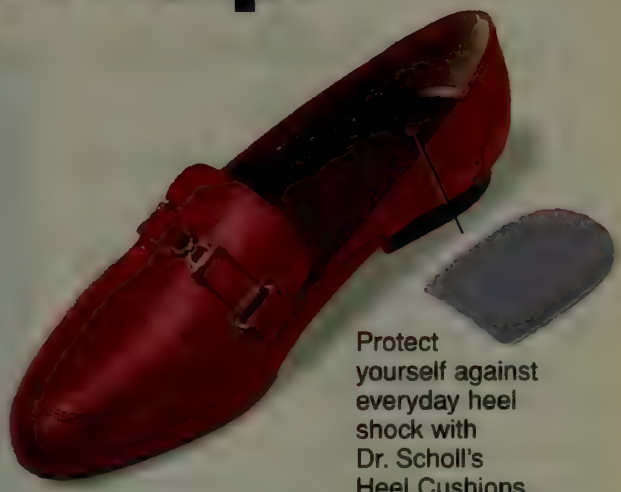
Vigorous vines benefit from annual pruning. Prune nonflowering vines to thin or shape any time. Flowering vines that bloom on new (this year's) growth are best pruned in early spring. Trim vines that bloom on old growth directly after flowering. Though clematises are forgiving of ill-timed prunings, they need trimming tailored to their individual growth habits. Creamy-white *Clematis florida sieboldii*, *right*, blooms best when pruned to 1 to 1½ feet tall, retaining a set of healthy leaf buds, in the early spring.

continued on page 150

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Reduce high heel toe crowding pain with Dr. Scholl's Toe Squish Preventer®.



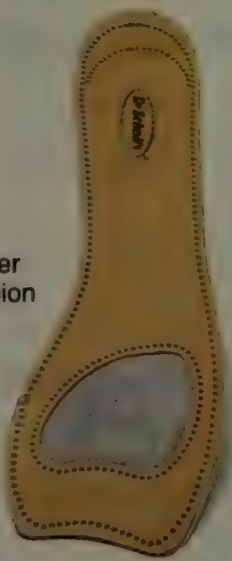
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"Roundup is one of those unique products that only does what its supposed to do — get rid of weeds. It just affects the plants it's sprayed on," commented Joan Embery, well-known animal advocate and Goodwill Ambassador for the San Diego Zoo.



Joan Embery
San Diego Zoo/San Diego Wild Animal Park

"I use Roundup all over my ranch, especially in larger areas, and around our buildings and animal houses. It works on plants — and doesn't harm my animals."

Roundup is the only weed and grass killer endorsed and used by the American Zoo and Aquarium Association (AZA). Because it does such a good job getting rid of weeds in fragile animal areas, Roundup has expanded its efforts to combat invasive weeds in large-scale ecosystems, such as the Galapagos Islands.

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Roundup works from the inside out by preventing production of certain proteins, special only to plants, which are needed for growth. Any Roundup not taken up by the sprayed plant quickly binds to soil and breaks down into natural materials. Roundup has also gone through extensive tests that conclude it will not move in or on the soil to affect nearby plants.

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aiming high with vines



Because of their flexibility, climbing plants add matchless depth, dimension, and movement to the garden. They can bring stiff shrub and perennial plantings to life with stem spirals and loops and flower and foliage cascades. *Left to right,* a dusty pink proteus clematis, with double and triple blooms, socializes with the so yellow shrub rose Graham Thomas and a pale lavender-blue campanu in a mixed border.



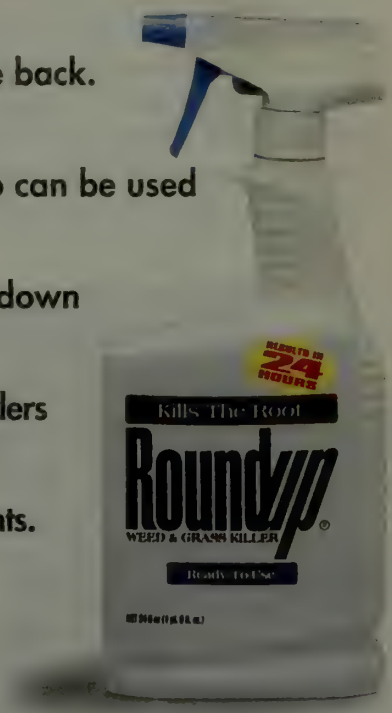
White-throated, deep-purple twining snapdragon (*Asarina scandens*) *right,* gracefully ascends a weathered oak trellis. A quick-growing, seedgrown annual, the vine reaches up to 8 feet and blooms through summer to frost. Lightweight twiners also grow well on makeshift trellises made of fishing line woven around galvanized nails driven into wood siding. (Caulk around nails to prevent water damage.)

PHOTOGRAPH: STEVEN CRIDLAND; REGIONAL CONTRIBUTOR: CATHY HOWARD

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gardener's almanac

by Mark Kane and Craig Summers Black



EDITOR'S CHOICE

Ever-changing colors. Meet *mina lobata*. You might as w learn to pronounce it right now (say "MEE-na low-BAH-ta") becau you'll probably be too embarrassed to ask for it by its common name unless you can picture yourself saying, "I'd like some more Exotic Lo please." Despite its rather shameless moniker, you *will* want to ask f the seeds of this colorful, free-blooming vine. It produces several hu dred flower stems in what becomes a stunning color combination, the arching sprays of rich crimson flower buds fade through oran to yellow and even white. The flowers themselves are not parti ularly large, about three-quarters of an inch, but with more th a thousand of them all abloom in every stage of their color deve opment, the effect is almost otherwordly. This self-twining annu climber quickly grows up fence posts and arbors to six feet or more, b is equally at home in pots or hanging baskets.

Looking Good

QUICK SNIPS. Not only does this Atlanta garden beautify a troublesome landscaping spot—the narrow side yard—it serves a fully functioning purpose as well. Cindy and Roger Bregenzer fashioned stone paths and raised beds from tumbled-down chimneys to create an ideally situated cutting and herb garden. Behind the side door, *below*, lies the kitchen, making it simple to pop out for a sprig of parsley or an armload of lilies.



TEST *garden* TIP



A lightweight. Hate hoisting the heft of your garden pots all over creation and back? Well, lighten up. Instead of filling the container completely with heavy potting soil and even heavier shards or stones for drainage, invert a plastic nursery pot at the bottom where it won't compete with roots. Or use plastic packing "peanuts." Smart Gardening note: This also, of course, saves you money on potting soil.

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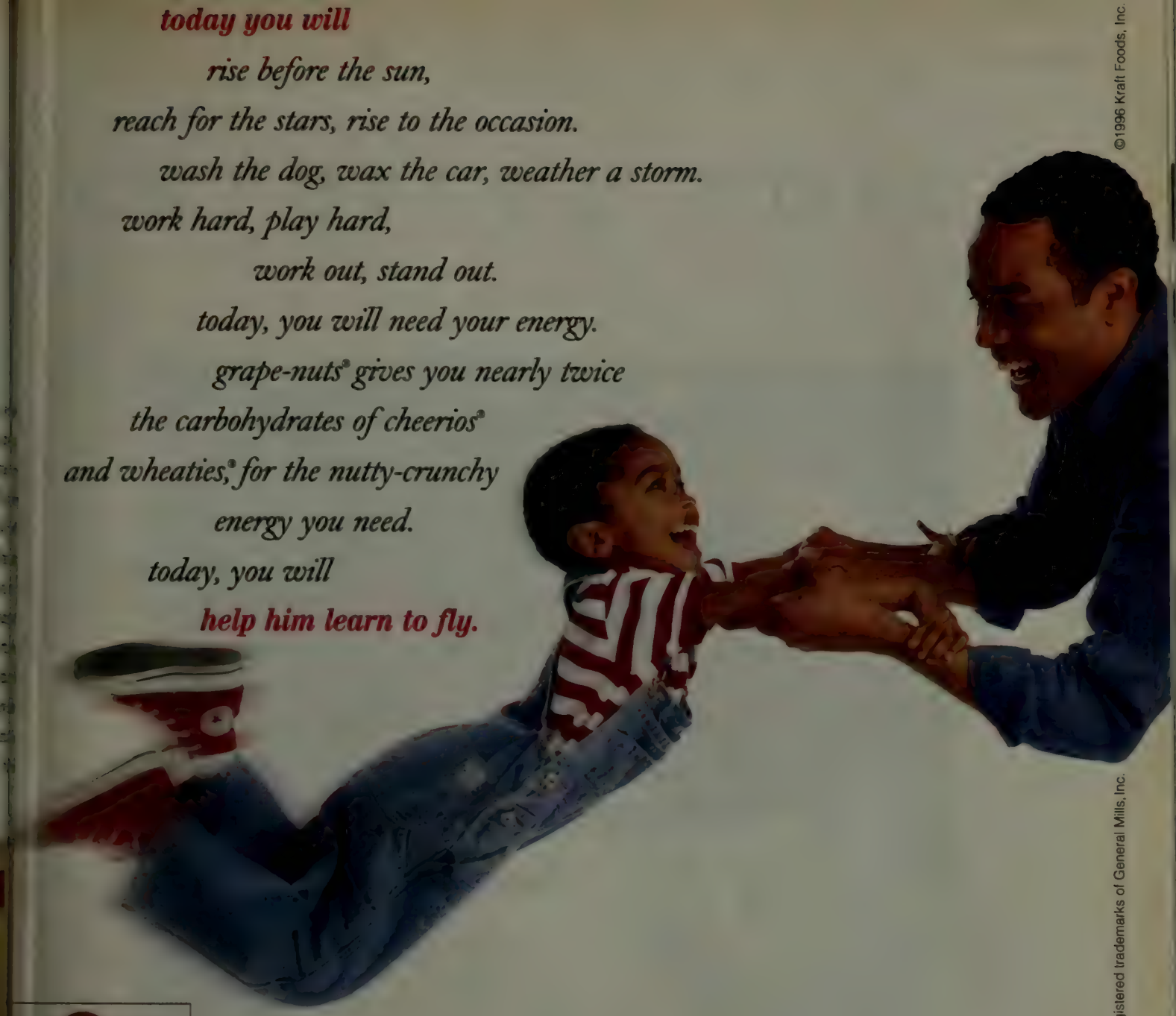
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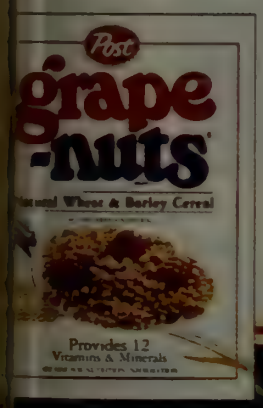
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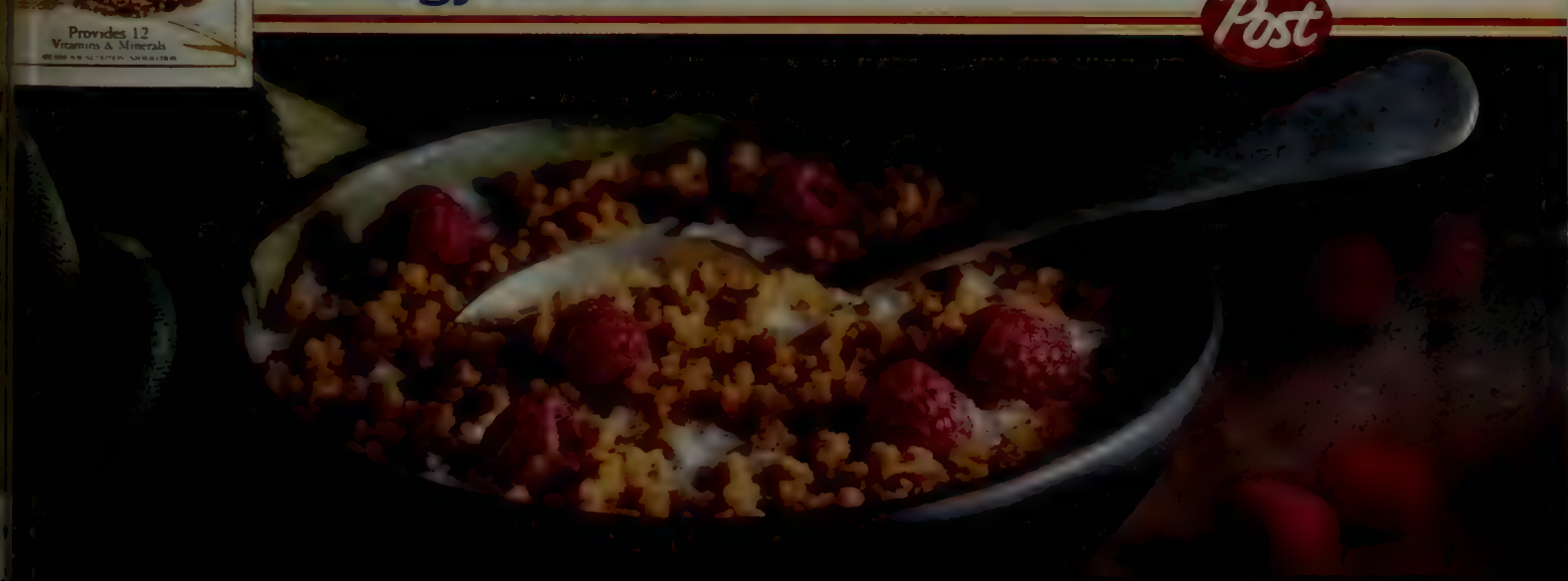
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HAPPY EASTER FROM HERSHEY'S KISSES.

carefree roses

by

Craig Summers Black





The beauty of Judith and Robert Gries' rose garden is not just in its physical appeal, but in the fact that it is so darned easy—easy to care for, easy to bloom, easy to love. The Grieses achieved this effortlessness by avoiding the difficult-to-please hybrid teas, those gangly flower factories and florists' favorites. Instead, they fancy "old-fashioned" roses, a catchall term that encompasses almost every other kind of rose: antiques, rugosas, even some modern shrubs. These romantic beauties provide all the tea-rose charm (and then some) with almost none of the bother. No endless sprayings of fungicides or insecticides. In fact, no chemicals whatsoever. And no wearying cold-weather coddling. All of which leaves the couple more time to enjoy their garden and their children, *above left*, Nathaniel, Edward, Lauren, and, not pictured, Marianne and Robert.



"Old roses are rich in history. They're romantic. You can smell the exact same fragrance as the Empress Josephine."



A nosegay of Felicite et Perpetue roses, *above,* graces another antique—a lavender container. Felicite, a nearly thornless French rose first bred in 1827, is a once-bloomer that usually performs in June in the Grieses' Woodstock, Conn., garden. Old-fashioned roses are famously long-lived, so even if they cost a tad more to begin with, they more than pay for themselves over the decades.

Judith likes to plant perennials at the feet of her roses, providing visual interest where nature supplies little. Lamb's ears skirt a Bonica shrub rose, *left,* which is neither old nor particularly fragrant. "But," says Judith, "you can't have it all. It really is a wonderful rose, blooming constantly right up until frost." After that, Bonica's showy red hips, or fruit, provide an autumnal counterpoint.



When in full flower, the shrub rose Complicata, *below*, is fairly heart-stopping. Its single flowers are huge, up to five inches across, sweetly scented, and borne on large arching sprays. The plant can easily reach five feet high and as much as eight feet wide. Pair it with white foxgloves or another rose of yellow hue. Or grow it on its own as a specimen and arresting focal point.



"Old roses are especially good for new gardeners —people who have never ever grown a rose."



Rosa Mundi, *above*, is the oldest and most vivid of the striped roses. It first appeared in the late 16th or early 17th century, bred of the Red Rose of Lancaster. Its flowers are large and, as you can see, quite showy. The shape is rather low, no more than four feet, and sprawling. This shrub looks best at the garden fore, whether combined with bulbs, perennials, or other roses. Its dried petals are wonderfully fragrant.

The Alchemist, *left*, is a modern rose, but a full-petalled double that looks old-fashioned. "The colors remind me of a tequila sunrise," says Judith. This hardy rose is a vigorous climber and spreads its wares handily on a lattice fence built by Judith's husband, Robert, who is also a rose fancier. The red rose (*lower right corner of photo, left*) is Galway Bay, a hardy floribunda climber quite generous of bloom.



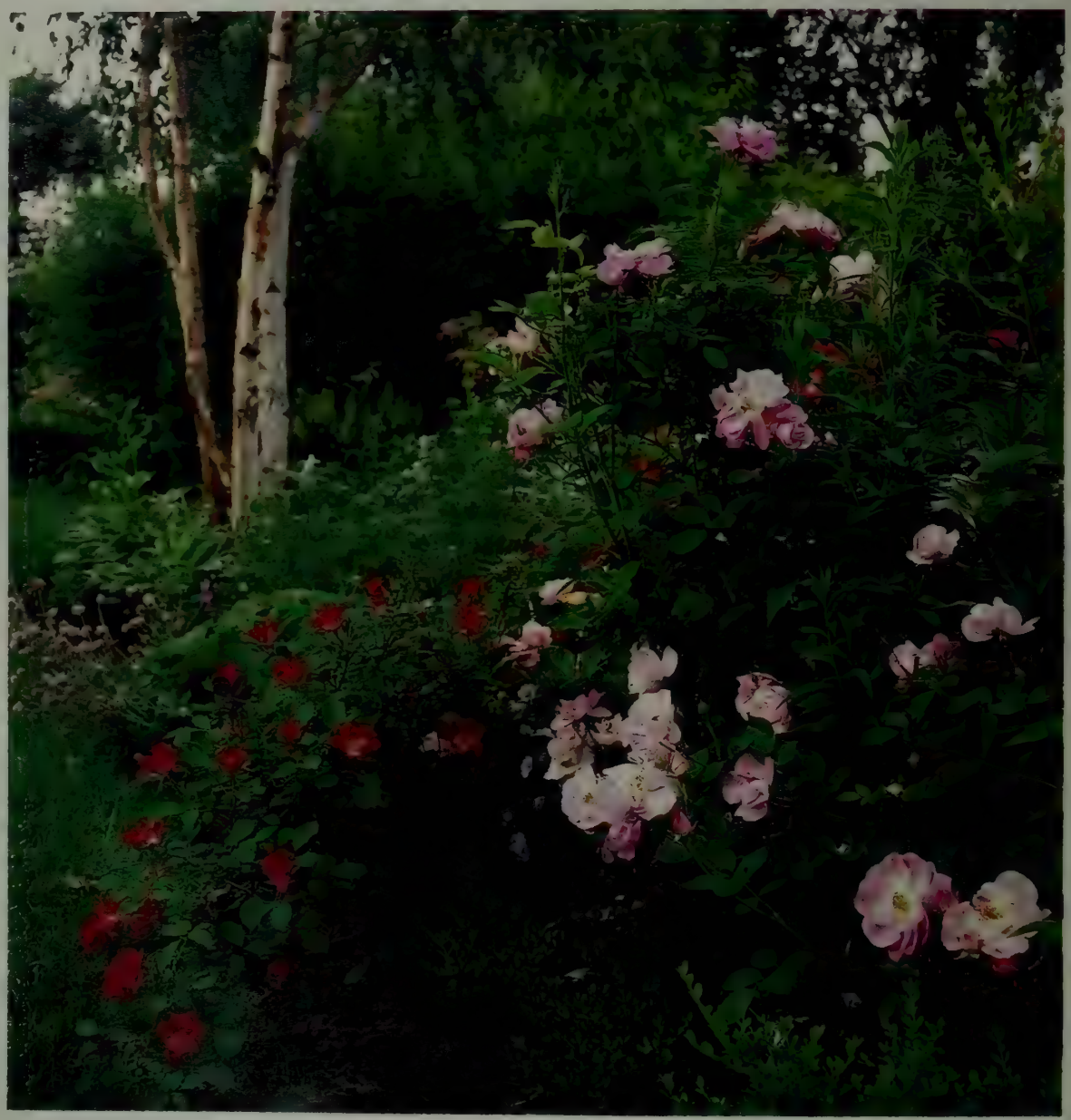
Rugosas such as this pink form of Grootendorst are the hardiest of roses, growing handily up to our northern borders. The rugosa's hardiness is ably matched by its voluminous other merits: It comes in a variety of colors, has excellent fragrance, thrives in poor soils, isn't in the least bothered by insects, is susceptible to no particular disease (spraying actually harms it), and needs even less pruning than other old roses. It is virtually bulletproof.

carefree roses



Constance Spry, *above*, sports a double bloom so full it almost looks like a peony. One of the most popular of the David Austin English shrub roses, it is the hardiest, showing no die-back even down to 20 degrees below zero. Constance Spry has only one flush of bloom, but it is a stunner. Its growth is so vigorous that support (such as provided here by the lattice) is helpful.

"I truly love these roses. They're beautiful, fragrant, undemanding, easy, carefree."



Judith likes to interplant different kinds of roses in her beds. The red Eye Paint and pink Mary Rose and Escapade, *above*, rub shoulders in one of her designs. If you have the time and stamina to keep up with tea roses, she proposes you mix them in as well. Judith suggests miniature roses or perennials up front, the teas in the mid-ground (hiding their spindly legs and gnarled feet), and larger shrub roses in the back.

This charming little arrangement, *right*, came out of the garden in late September. The yellow rose is the four-foot-tall English shrub Graham Thomas, "literally the last rose of summer," Judith says. Its fragrant display begins in June. The rose hips are from the rugosa roses Eglantine and Bonica. Hips add winter interest to the garden as well as food for feathered friends. They also can be made into tasty jellies rich in vitamin C.





Antique roses mix particularly well with old-fashioned perennials such as white feverfew and lady's mantle, *above*. The roses are Eye Paint, Mary Rose, and Escapade. Other flowers to complement the cutting vase and flower bed: lamium, lilies, mallow, phlox, sedum, sea holly, santolina, bergenia, and veronica. In the landscape, evergreens can provide the framework.

The faint scents of Alchemist and Galway Bay are best appreciated when held aloft right about nose height, as on a lattice, *below*. While many old roses are cast in shades of pink, that spectrum does run from crimson to blood-red to orange-red to royal red. When blossoms are displayed on high, these subtleties of color and flower form become even more apparent.



How to grow old roses

Buying an old-fashioned rose: First, be sure the ro you like will survive winters in your area. Almost all o fashioned roses will shake off temperatures down to - degrees. If your winters get colder than that, you have be a bit selective and decide whether to buy your ro in pots or bare-root. Pots are a little easier to plant, b more expensive. Bare-root usually offers more selecti because you can buy by mail from specialty firms.

Planting: Pots are easy. Just plant the rose so the pott soil level is at the same level as in your garden. Bare-r planting is tricky only in deciding at what level to pl that gnarled knob at the base of the stalk. That's call the bud union, and the colder your area the lowe goes. In warmer climates the bud union can be one two inches above ground level. Up north, bury it an in or two. Done properly, longevity is almost assured.

Care and feeding: Many growers recommend a b anced fertilizer every four to six weeks during grow season, but you can apply a lot less. Pruning? Forget All that's needed is a gentle shaping after flowering.

Some especially fragrant roses: Madame Ha (white flowers); Queen of Denmark, or Koenigin v Danemarck (pink); Autumn Damask, or Quatre Sais (pink); Charles Austin (apricot); Gertrude Jekyll (pin

Roses for cut flowers: Charles Austin; Grah Thomas (yellow); Rosa Mundi (pink and white strip Reine Victoria (pink); Buff Beauty (apricot).

Roses for small gardens: Gloire de France (pi Jacques Cartier (pink); Rosa Mundi; Souvenir de Malmaison (pink).

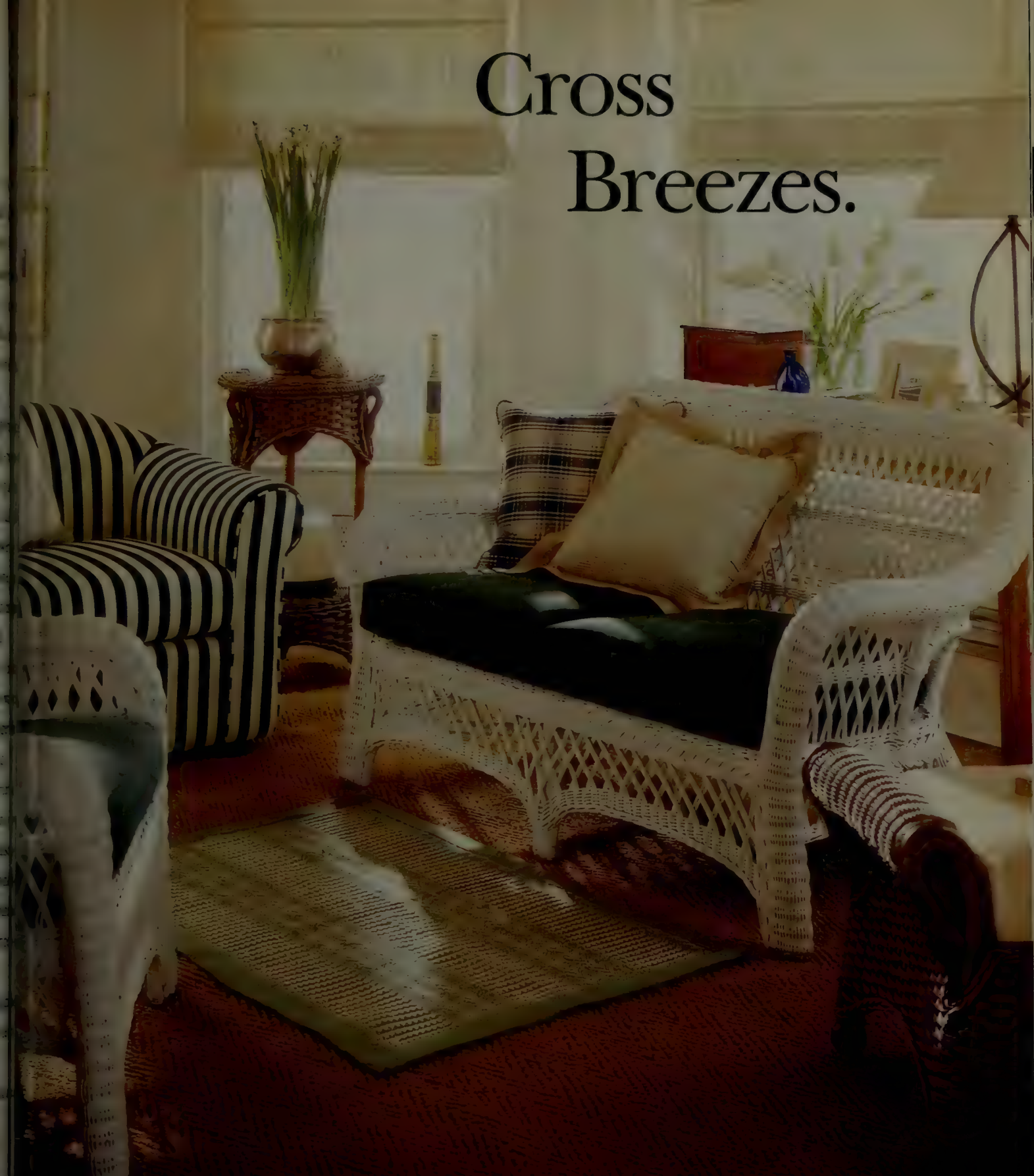
Purple foliage: Rosa glauca, or rosa rubrifolia (pink white flowers).

Purple flowers: Reine des Violettes.

Hardiest kinds of roses: Rugosa (to -35 degre Canadian Explorer (-35), Meidiland (-25), Griffith B (-25). Roses that grow on their own roots are not ne sarily hardier than their bud-grafted siblings, but if t are winter-killed to the ground they will generally re just fine the next spring.

Buying information, see page 2

To order roses, see page 1



E A LAZY, SUN-WASHED AFTERNOON IN EARLY SPRING, **Pier 1's New Coventry seating is at once cool and fresh, warm and hospitable. Liberated from traditional settings, the collection moves forward with a light and breezy spirit. It is the new generation of white wicker. Exclusively available at the Pier 1 near you.**

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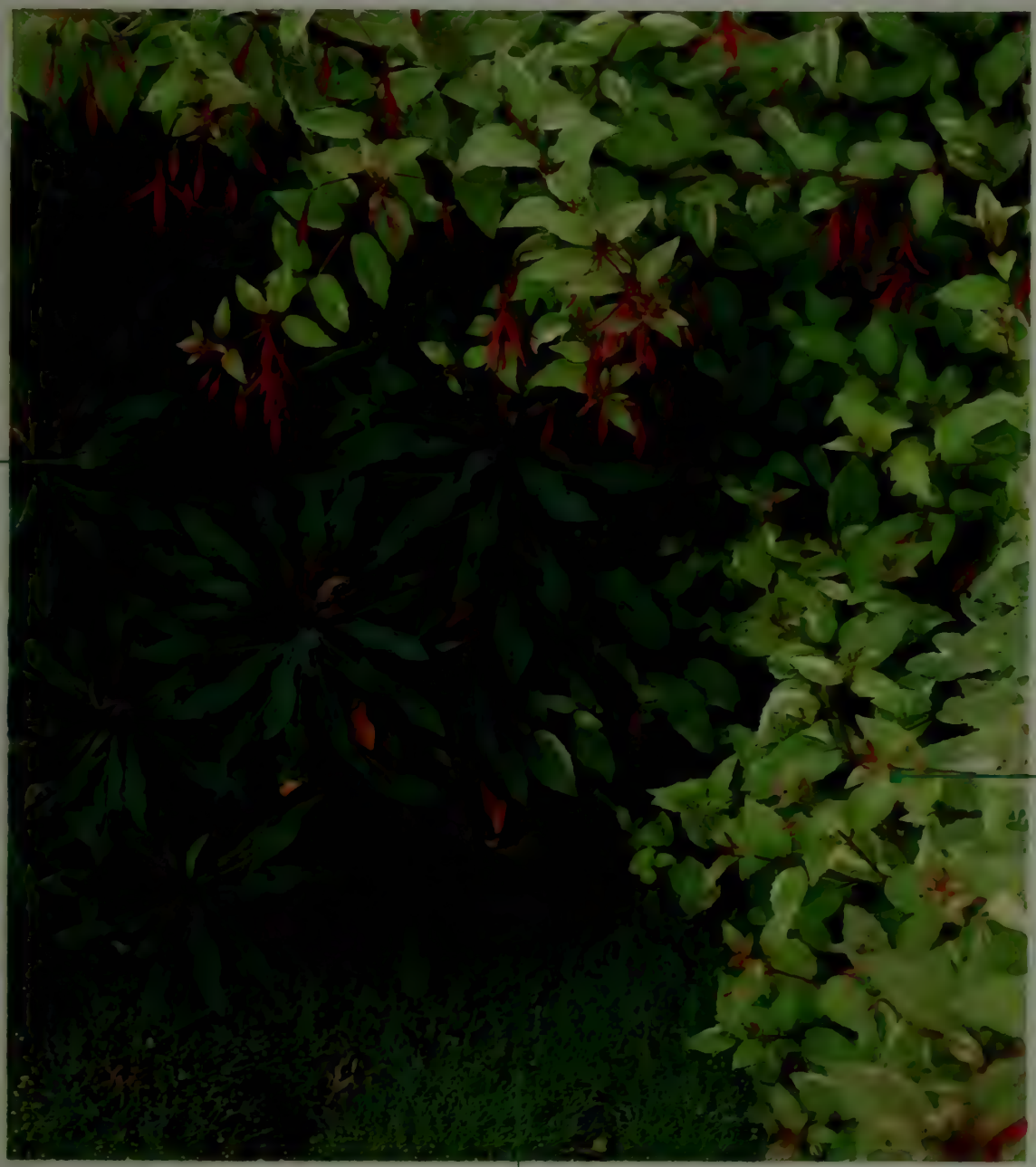
Curl up with a cup of New Decaffeinated French Vanilla Ca
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garden

companions

Combining plants in the garden is like seating guests at a dinner party—
you want your favorites to act neighborly, bring out the best in each other, and keep the garden lively.
The first step: choose companions whose flowers and leaves contrast in color, shape, and size.

by Mark Kane

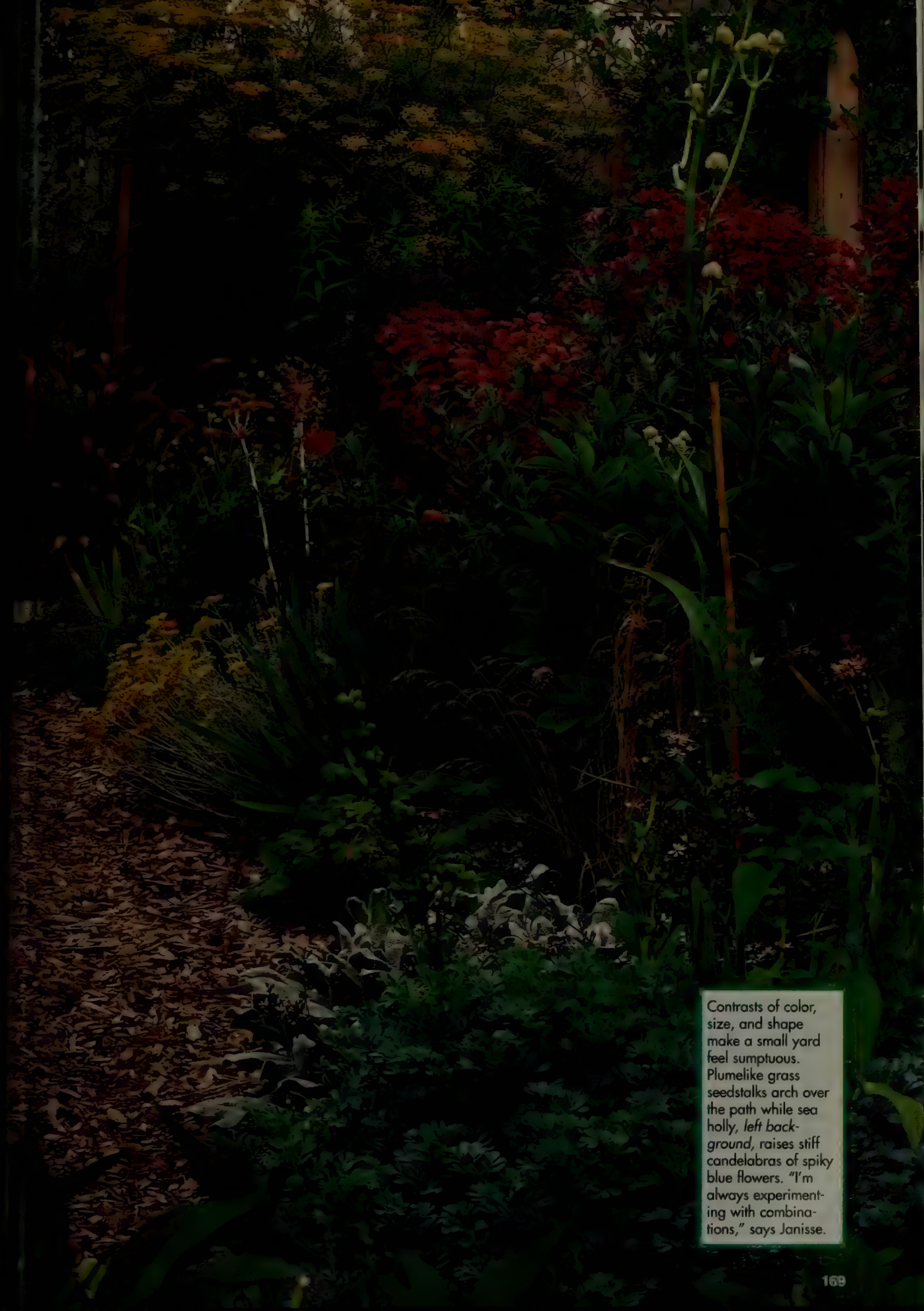


A dark euphorbia with starbursts of green and red-tinged leaves holds center stage in this striking trio of plants from the small garden of Seattle designer Anne Janisse. For an evergreen of similar character, substitute a dwarf rhododendron.

A soft green carpet of Scotch moss (*Sagina subulata*) sets off its bolder companions with contrasting color and texture. Creeping thyme, with equally small leaves, would contribute the same grace. For a jazzier groundcover, try variegated euoynymus.

Color contrasts redouble with the annual *Fuchsia magellanica 'Variegata.'* Its bright leaves give the trio three shades of green; its stems and lantern flowers contribute red accents. For gold- or chartreuse-leaved perennials, try euphorbias and hostas.


garden
companions



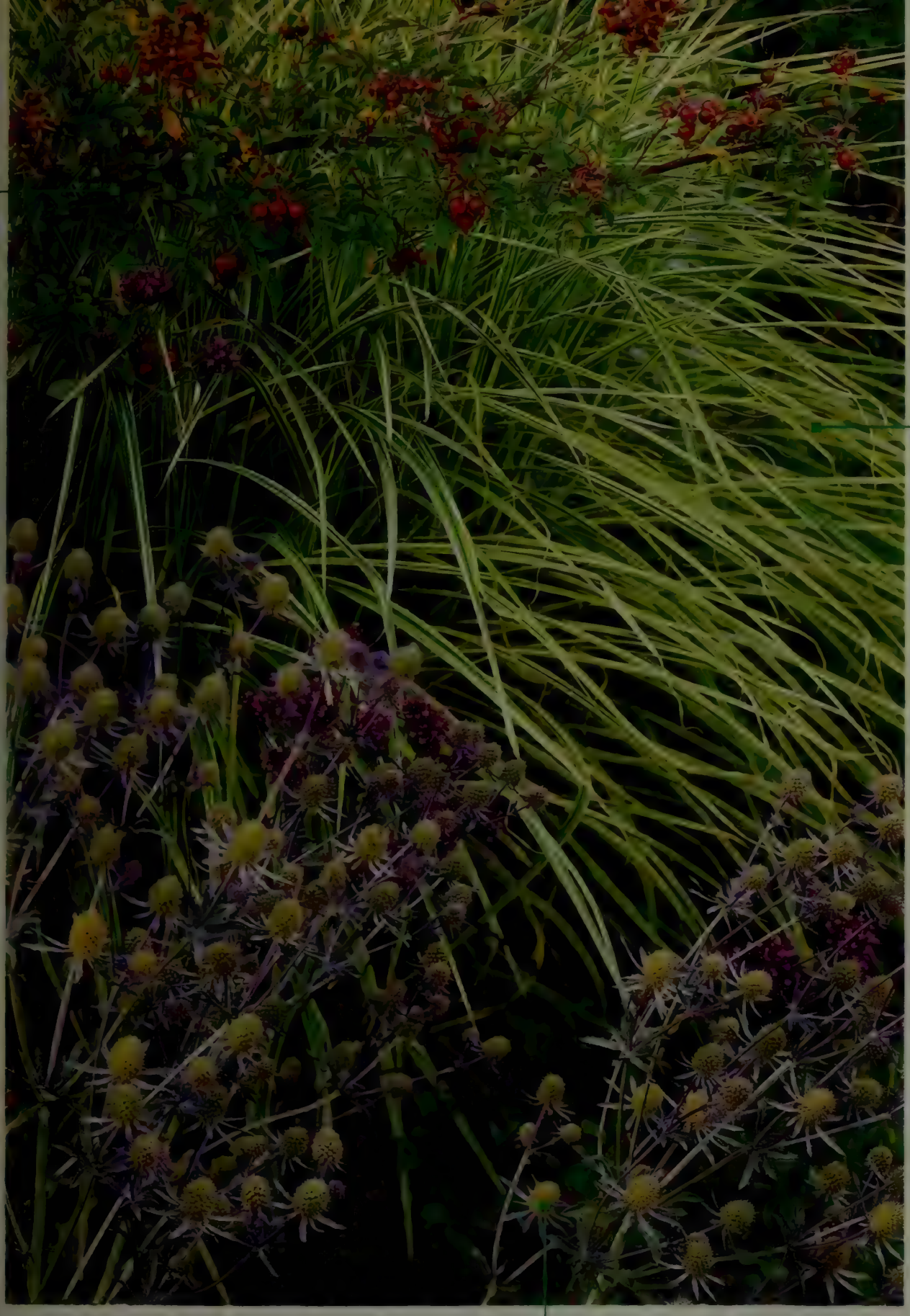
Contrasts of color, size, and shape make a small yard feel sumptuous. Plumelike grass seedstalks arch over the path while sea holly, *left background,* raises stiff candelabras of spiky blue flowers. "I'm always experimenting with combinations," says Janisse.

garden companions

Shape and color contrast vividly in a combination of dwarf pine, pale-green acaena groundcover and the red blades of Japanese blood grass (*Imperata cylindrica* `Rubra'). For equal drama, group the wiry coreopsis `Moonbean' with a gold lysimachia groundcover and the stiff leaves of Siberian iris.



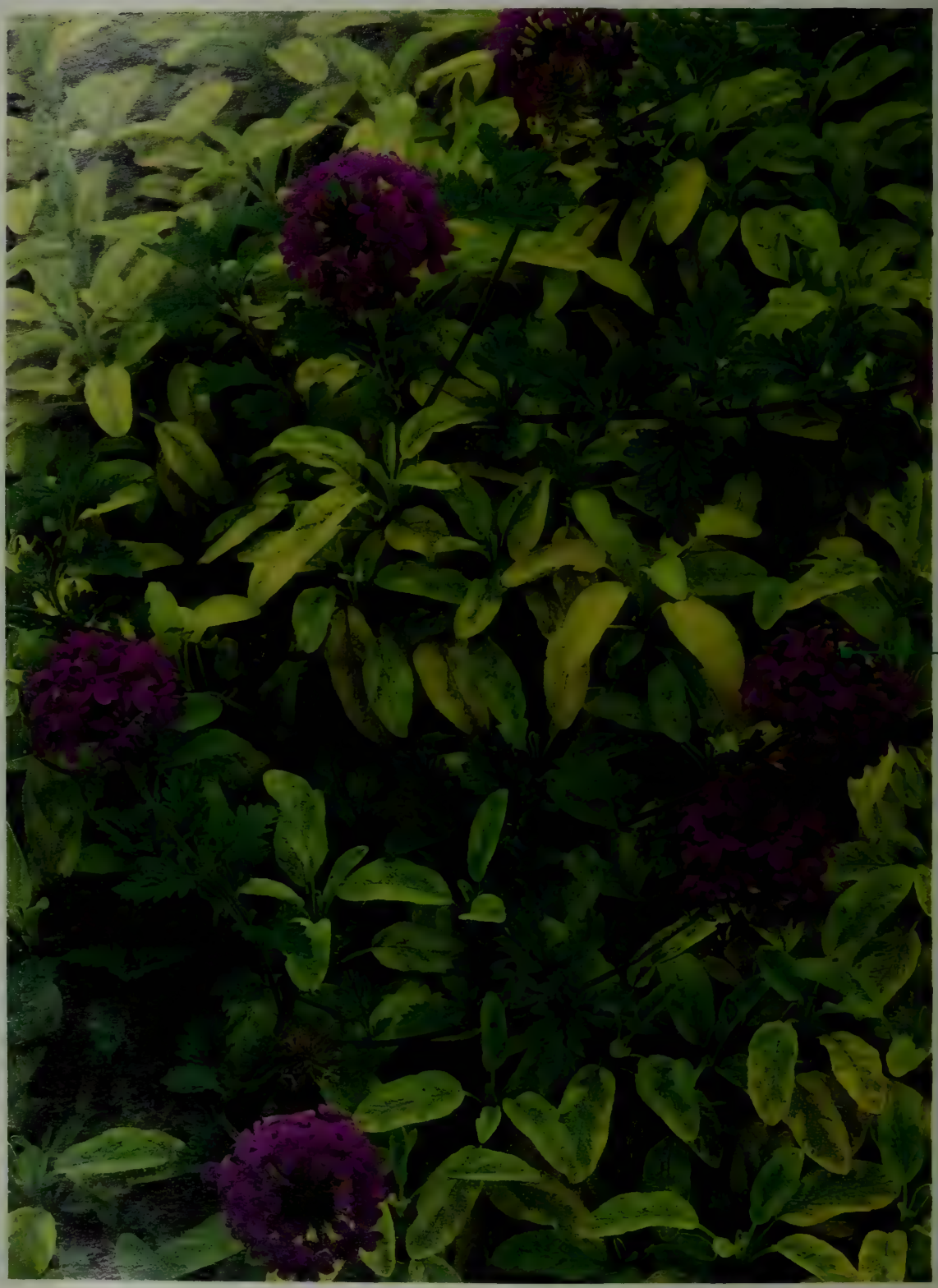
Like a fiery sunset behind a range of hills, a hebe glows in the background, setting off the green leaves and purple flower clusters of *Euphorbia martinii*. Planting in waves makes the drama stronger. For a similar contrast with perennials that survive deep cold, put globe campanula (*Campanula glomerata*) in front of sedum Autumn Joy and penstemon Husker Red.



Clusters of red rose hips glow like embers along a wandering branch of *Rosa rubrifolia*, the shrubby member of a dramatic threesome. Dark and spare, the branch contrasts with the cascading abandon of the bright ornamental grass behind it.

The eyecatching sea holly (*Eryngium amethystinum*) combines a stiff, prickly shape and unearthly, violet-purple stems. At 3 feet tall, it makes a commanding contrast with soft companions such as grasses and vines. It's also tough and perennial.

Rising as high as 5 feet, a fountain of striped leaves makes Japanese silver grass seem to dance in the breeze. It's a graceful foil or backdrop for stiffer companions like the rose and sea holly, as is feather reed grass, a slightly smaller ornamental.



DESIGN LESSON You can experiment with garden companions before you buy plants. Clip color photographs from your mail-order catalogs (but note the page and the plant name). Then group the photos by leaf color: pale green, mid-green, dark green, silver, blue, and purple. Now combine contrasting colors until you find companions you like. Repeat for leaf size and shape. Or, you can use a rule of thumb to get started: In a bed or border, about one-third of the plants should have leaves that are any color but green.

buying guide information page 204

Verbena raises vivid purple flowers above a bed of sage with three-toned light-green leaves (*Salvia officinalis* 'Icterina'). Contrasts of pale and dark enliven the garden. Amid a dark-green perennial such as veronica, the verbena would barely show.

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BRIEF SUMMARY

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The following is a brief summary only. Before prescribing, see complete prescribing information in Flonase® Nasal Spray product labeling.

CONTRAINDICATIONS: Flonase® Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of Flonase® Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, Flonase Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of Flonase Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information). If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of Flonase® Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of Flonase Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of Flonase Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with Flonase Nasal Spray. Patients using Flonase Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

Flonase Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex.

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with Flonase Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use Flonase Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with Flonase Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of Flonase Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells *in vitro*. No significant clastogenic effect was seen in cultured human peripheral lymphocytes *in vitro* or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of the full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when Flonase Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of Flonase Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with Flonase Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months duration with Flonase® Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible): ***Respiratory:*** Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).

Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.

Neurological: Dizziness.

Special Senses: Eye disorder, unpleasant taste.

Digestive: Nausea and vomiting, xerostomia.

Skin and Appendages: Urticaria.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with Flonase® Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of Flonase Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

October 1994
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GLA-01-021M

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Snap-

by Rebecca Jerdee and Sandra S. Soria

hands-on *decorating*



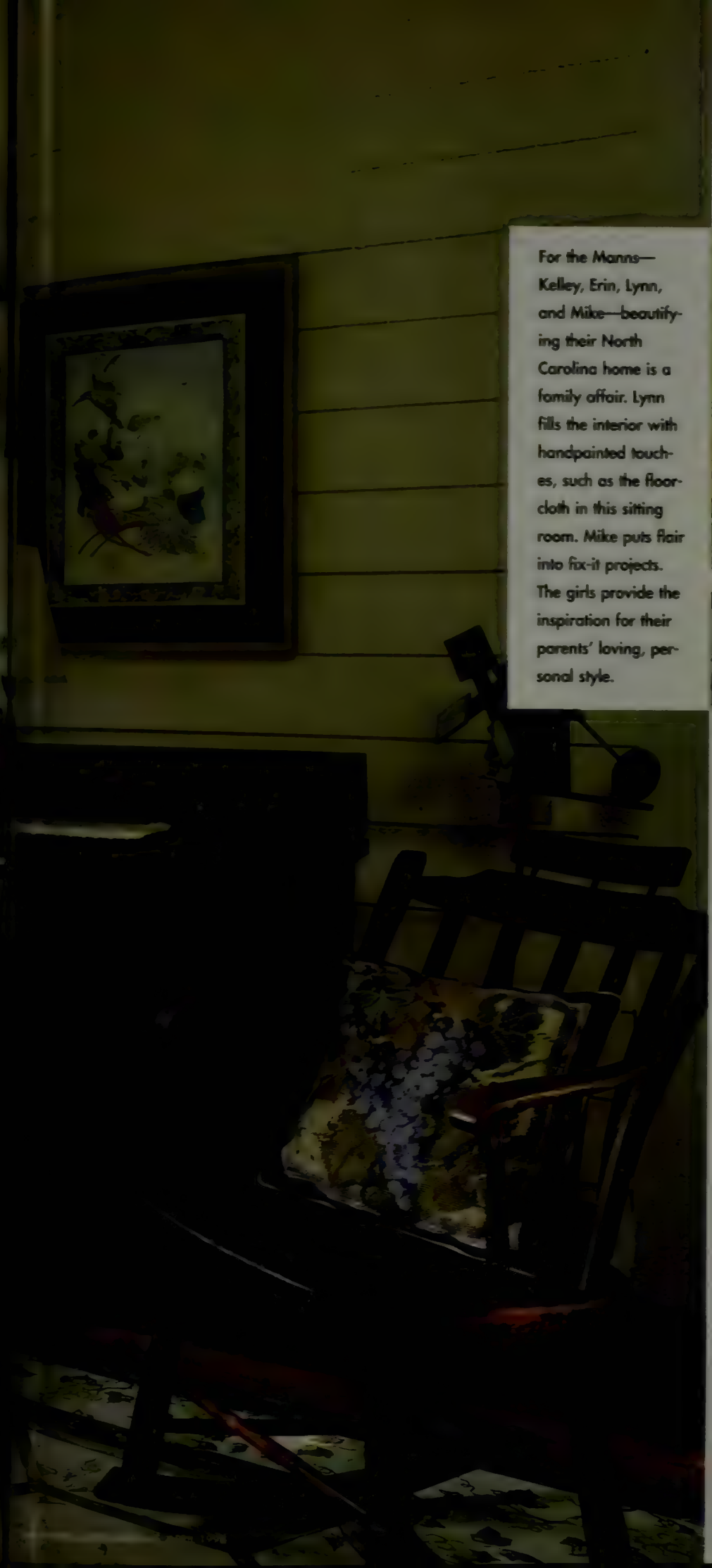


Lynn and Mike Mann were high school sweethearts, drawn together by a common interest in art. Back then, the school paper looked better thanks to their union. Now, this 1886 Victorian cottage is the proud recipient of their joined creative forces. "At first we tried to follow all the decorating rules," says Lynn. "But things got better when we decided to have fun." Their idea of a good time includes dabbling paint on most any surface and recasting flea market finds in surprising new roles.





hands-on *decorating*



For the Manns—Kelley, Erin, Lynn, and Mike—beautifying their North Carolina home is a family affair. Lynn fills the interior with handpainted touches, such as the floorcloth in this sitting room. Mike puts flair into fix-it projects. The girls provide the inspiration for their parents' loving, personal style.



Once a front porch, this room now has the comforts of home *and* summer-breeze warmth. To give it easy charm, the Manns:

• **Sew with fabrics** in varied prints and styles. Bold stripes lend porchy fun; toile balances them with a sense of tradition. Shared hues make mixing easy.

• **Tread lightly** on an airy, canvas floorcloth rather than a densely patterned rug. Lynn painted this gardeny design freehand, but she suggests beginners play with precut stencils.

• **Ease up** with porch icons: a rocker and wicker sofa. Vintage finds offer the added warmth of a mellow, worn finish.

• **Line walls** with cottagey white paneling. To get the look here, Mike left the clapboard exposed when he enclosed the porch.



Being nosy pays off in old houses: A peek under cheap paneling revealed original wainscot and a chair rail in the Mann's dining room. To set off the architecture without creating eye-jarring contrast, Lynn and Mike painted the wainscot and moldings the color of aged parchment. With its soft greenish-yellow cast, the mellow hue works like a neutral—but with a bit of a kick. Its semi-gloss finish offers a smooth counterpoint to primitive pieces and soft needlework.

In the dining room, Shaker-style chairs and an old church pew suggest good posture and Sunday-best manners. But the Manns use their pine trestle table more often as a work station for crafts projects or for casual meals served in vintage yellowware bowls and new North Carolina pottery. To keep the room homey, they:

• **Soften the setting** with touchable artwork. Quilts and homespun homilies add soft sentiment as well as a soft touch: The folded "signature" quilt was a wedding gift to Lynn's grandparents. As for the framed embroidered pieces, Mike signed on to do the needlework himself. "I took over one of Lynn's projects," he says, "and discovered how relaxing it was." He groups them for impact on one wall.

• **Recycle old finds.** Rustic shutters are ushered inside as clever window treatments—and instant architecture. For more dimension, an old bench underlines the window like an interior window box.

• **Recreate vintage style** on a budget with reproduction pieces built from a kit. Besides classic style, these chairs offer "I-did-it" pride.

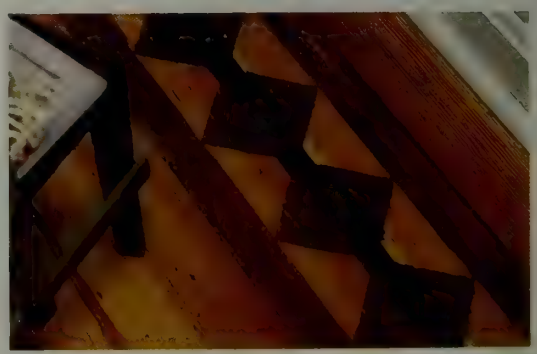

SHAKER
VILLAGE





Even a pint-sized bath, *above left,* benefits from the Manns' creative touches. Mike fashioned the vanity from an old sewing machine cabin cutting a hole in the top for a sink. Lynn hides the plumbing by attaching a skirt with hook-and-loop fastening tape. Her brushwork further ens the piece: she painted the top to mimic marble (or sponge on paint for an easier, mottled finish) and added freehand ivy vines (stencils do the trick). A greeting card offered inspiration for the cornice board, *above right.* Though Lynn transferred the images freehand, you can your own custom cornice with decoupaged prints, fabric, or a wallpaper border. Pick a pattern bold enough to be seen across the room.





Kelley's compassion for small creatures inspired this flock of birdhouses, *above left,* mounted off-center above a bedroom door. The Manns bo unfinished pine birdhouses for a song at an unfinished furniture store. Lynn painted the birdhouses white, lined up three for impact, then li and softened the trio with painted-on ivy. In the family room, *above right,* a stained floor border masquerades as inlaid wood. To get the e Lynn sketched out the diamond border design on paper, enlarged it, and traced it onto a newly sanded and stained yellow pine floor. Mike masked off the small squares and filled them with a dark stain. Next, he masked off the large diamonds, filling them in with a lighter stain



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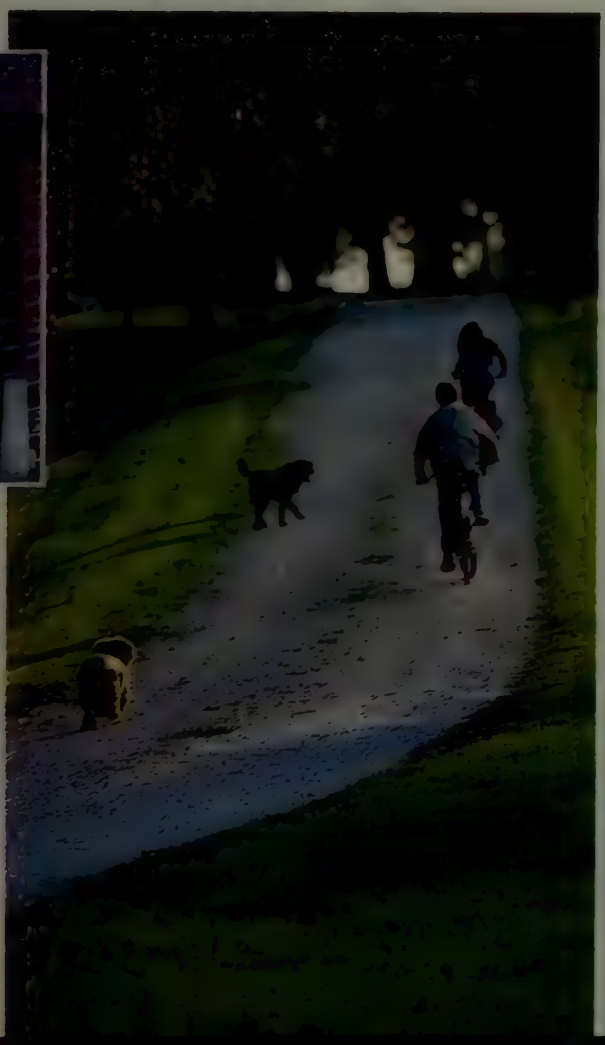
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back to the country





by William L. Nolan

Simple pleasures like sunrises, sunsets, and the beauties of each season hold new meaning for Brad and Anne Hong and their two children, Field and Aimee. They've joined a growing number of city-bred families who are reaching back to America's rural roots by chucking the crush of city life in favor of a slower pace in the country.

Just 25 minutes from their city jobs, their new digs occupy a five-acre plot at the end of a tree-lined lane. In addition to a chicken coop and a horse barn, the property includes a '70s-vintage ranch that overlooks a wooded ravine.

to the country







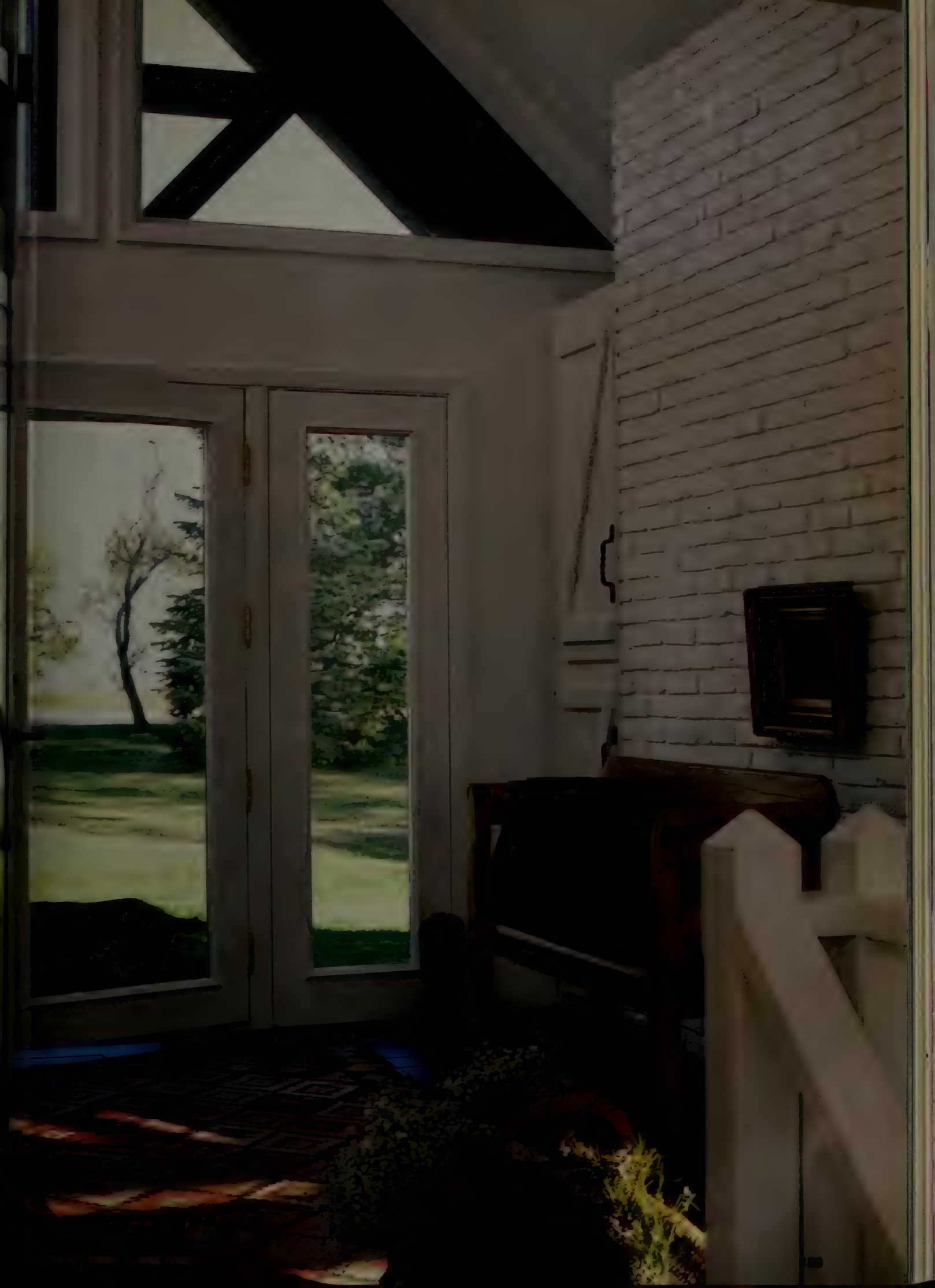
After searching three years for the "perfect" country retreat, the Hongs settled for one that needed a facelift. "We knew we'd never find the right house and the right land in our price range," says Anne. "A friend once told us we could change the house in our lifetime, but not the land." Their scheme for wresting the house from its '70s time warp capitalizes on all the big windows that brighten the main rooms. "We loved the light, the open rooms, and the great views," says Brad. One of the few areas that felt boxed in was the front hall, which hugged a narrow circular staircase (*snapshot above*). The Hongs pushed out the front wall and topped the new space with a gabled roof that extends as a welcoming front porch. This left room for a new staircase to the lower-level family room.

Brad and Anne eased their budget a bit by making mostly cosmetic changes in the living room (*below*). White paint replaces the original pink-and-brown color scheme, letting a congenial grouping of wicker, metal, and scrubbed pine set the room's mood.

The new entry hall (*right*) reaches high and wide, pulling in postcard-perfect views of the countryside. Slate flooring and picket-fence banister posts amplify the home's informal, big-as-all-outdoors friendliness. Aimee now gets her summer tans by jockeying the family tractor/mower.







back to the country

Two other areas that needed rejuvenating are the kitchen and the dining room, which adjoin the front hall opposite the living room. The dining room boasted exposed beams, a vaulted ceiling, and a grandly scaled window wall that reached clear to the roof peak. But it also included a stone-veneer fireplace that suffered a bad case of the uglies (*snapshot*). The mortar between the stones was painted black to match a dark stain on the beams and the mantel. Painting the fireplace and the beams white made the room look two decades younger—and several square feet larger.



A stone fireplace anchors the dining room. (This space was the living room until a new living room was added by a previous owner.) Black mortar made the chimney look like marshmallow-chocolate pudding.







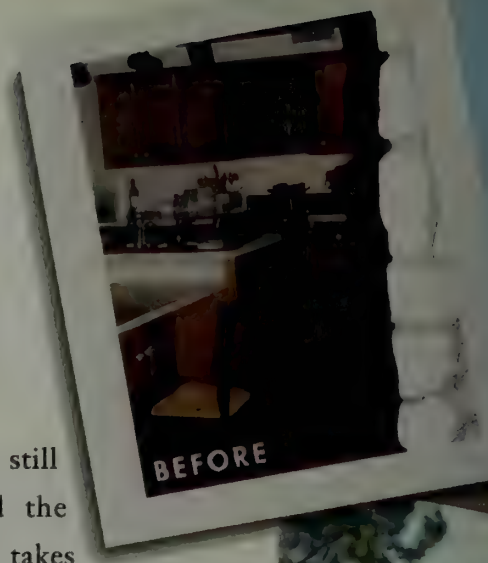
Field checks out a patch of wildflowers along the lane (*left*). New plank flooring warms the dining room (*above* and *right*) and living room. The Hongs laid it themselves with antique nails.

Evoking the rustic loftiness of a hay barn, the dining room soars to the roof peak and stretches several axe handles broad beneath exposed timber trusses. One side overlooks the rear lawn; the other flows past the fireplace to the kitchen.



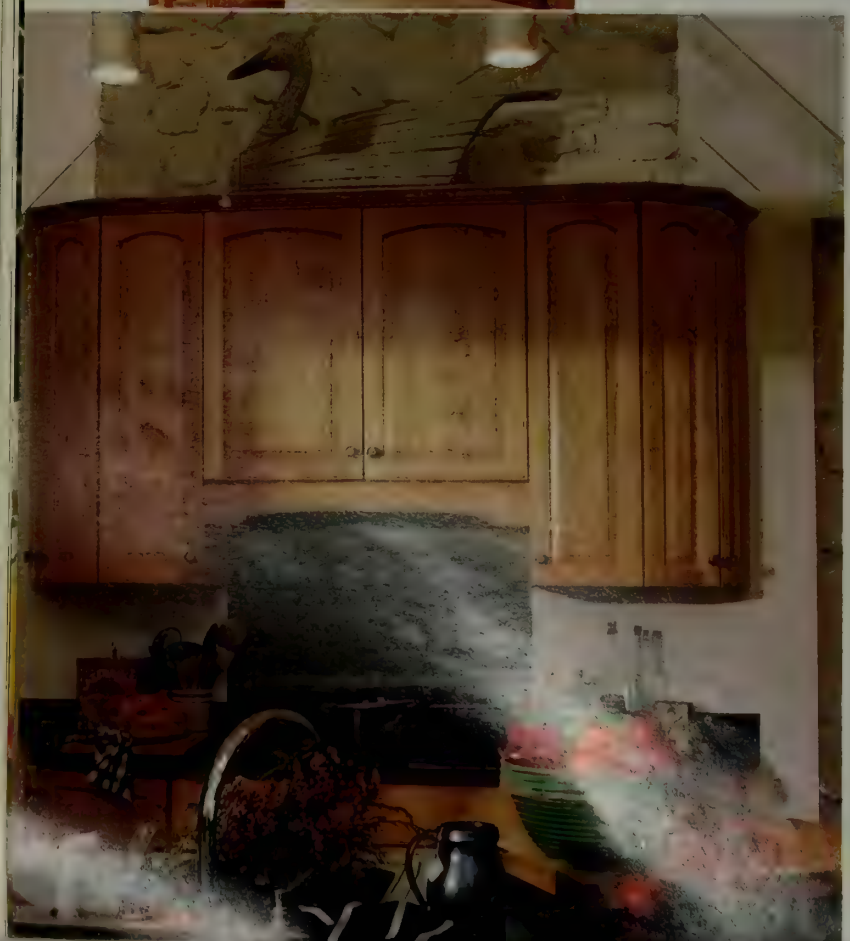
back to the country





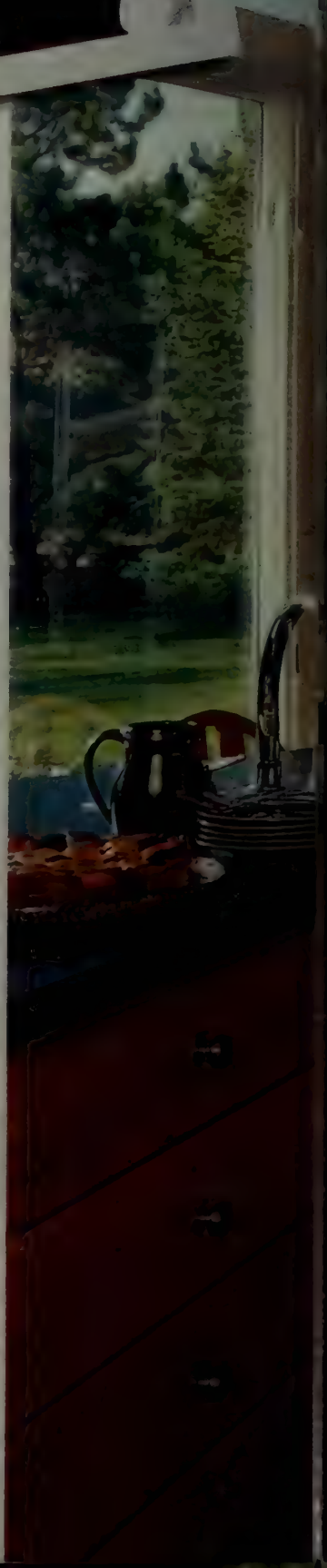
Downbeat life in the country still gravitates to the kitchen, and the Hongs' newly remodeled kitchen takes it all in stride. Once a plain box lined with dark cabinets and topped with a rarely-used loft, it's now an airy, uplifting space that scoops in sky-high views of lawn, fields, and woods. The sink occupies center stage on an island, within easy reach of the cooktop and a snack bar. Tableware stows in glass-front cabinets at one end of the room, just a few steps from the bar and the dining room; a pantry and a planning desk (*left*) line the other.





Country charms hobnob with city convenience in the newly rehabbed kitchen (*right*). Work centers swathed in natural maple line the walls around a multipurpose island. New windows in the front wall soar to the roof peak.

Beyond the island, a planning desk (*above center*) doubles as the family computer center and phone booth. The cooktop (*bottom left*) backs up to the fireplace chimney, within arm's reach of the sink. Angled corners at each end ease traffic flow to the dining room.



PHOTOGRAPHS: KING AU





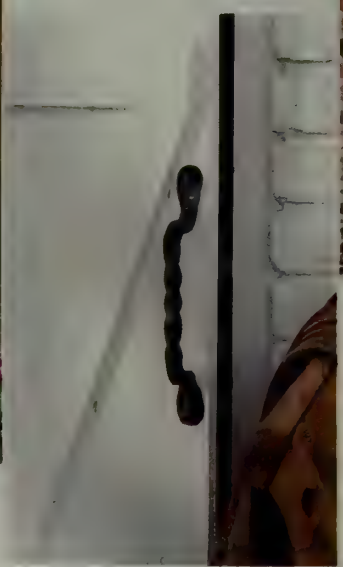
Living in the country has bolstered Brad ar
Anne's love for simple things like the mello
sheen of old pine, the comforting heft of han
wrought iron, and the straightforward sturd
ness of timber posts. Moving away from tow
meant some trade-offs, but the Hongs figu
they got the best of the bargain. "Taking goo
care of the house, land, animals, and gardens
a lot more time-consuming than we ever ima
ined," says Brad, "but we enjoy it tremendous
and consider it quality time together." The
now log more time than ever in the family va
"It's become our second living room," sa
Anne. "But each time we turn into the lane
our house, the cares of the day just melt away

buying information on page 2

back to the country



Looking as though they once hung on nails in the barn, a pair of weathered-copper lanterns flank the new front door. At night, the vaulted entry porch becomes a beacon of hospitality at the end of the lane.

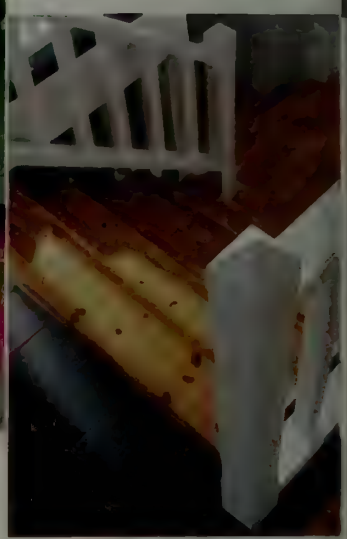


Classically simple plank-door cupboards in the new entry stow boots and wraps. The iron pulls were designed by Brad and crafted by a local ironmonger.



What's a country house without local color? Stock 4×4s form bracing for the window boxes that Brad added under the kitchen windows. Shaped ends on the braces mimic those on the posts that support the stair banisters in the front hall.

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Extra-wide steps link the front entry with the family room and lower-level bedrooms. The honey-hued knotty pine treads make natural mates for the entry's slate-tiled floor. Picket posts and sturdy spindles on the stair banisters echo those on farmhouse porches.

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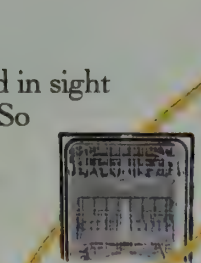
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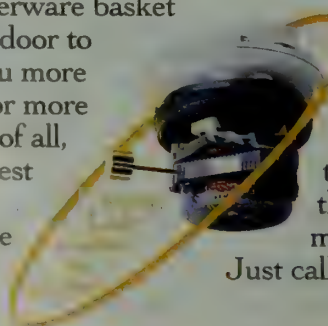


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by Steven Mumford & Joseph Boehm



NATURAL CONNECTIONS

Forget the noise. Forget the traffic. Say "so long" to the busy city, and step up the limestone walk of this lakeside retreat to savor the wonders of nature—indoors as well as out.



natural connections

With workaday worries little more than a rearview-mirror memory, Carol and Chip Hammersmith find it easy to relax at their 2,550-square-foot vacation home on Lake Michigan. From their spacious deck, they can enjoy the calming motion of the waves on the lake and the wind in the trees. Once inside, daylight pours in through more than 70 windows, while vaulted cedar ceilings and cherry details add cozy warmth. Both the sun room, *below*, and the living room, *left*, offer spectacular lakeside views. Multileveled and subtly divided (*see diagram, page 202*), this getaway's floor plan functions to make all of the living spaces feel open, airy, and connected.



Wood and stone finishes make it hard to ignore the presence of nature inside this house. The wood flooring in the living room is cherry, and the ceilings are cedar with cherry stain. To achieve the aged, distressed look, a glaze of white stain was applied, then rubbed out. The same technique was used on the wood floors.

Subtle visual dividers (such as the see-through, stone fireplace) help define the sun room's intimate spaces without entirely cutting it off from the living room. The sandstone floor creates a smooth transition from outside, and its rough texture prevents sand from being tracked into other rooms.



The kitchen shares the strongest connection with the living room, so whether checking a simmering skillet or preparing creative culinary delights, the cook never feels isolated. This is ideal for the Hammersmiths, given the amount of time they spend cooking. "This is our place for private time," says Chip. "We don't come up here to go out to dinner."

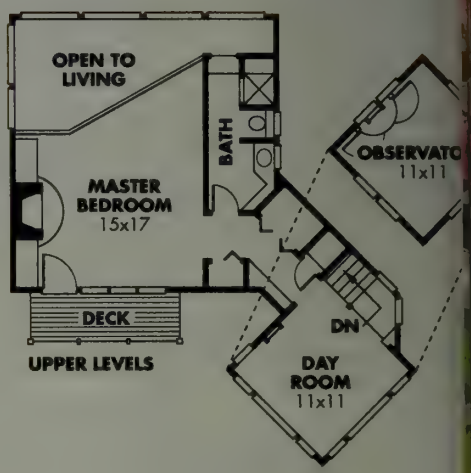
Both the kitchen and dining room are raised a step from the main living area, ensuring clear outside views from almost any vantage point. The dining room also opens to a terrace and private sitting area—just right for greeting guests or experiencing quiet time with the sights and sounds of the great outdoors.

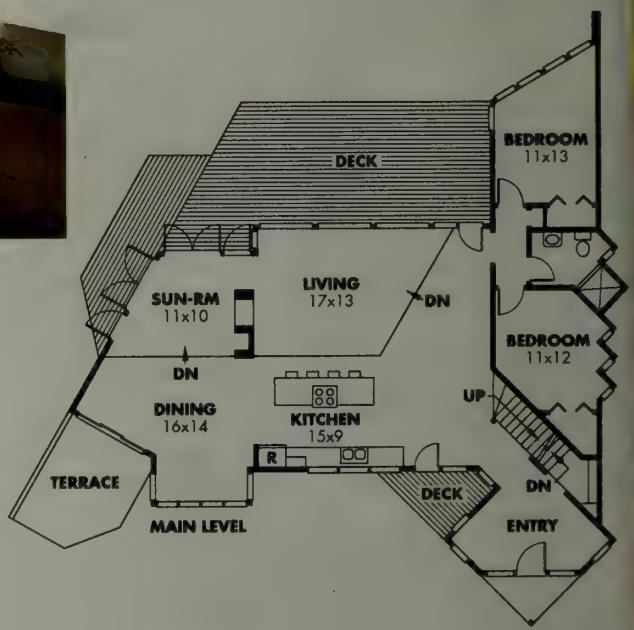
During the day, natural light abounds, but in the evening, adjustable lighting offers a variety of options: Dim the lighting to accent the vaulted ceilings; raise it to illuminate the kitchen's work area; or brighten it to bathe the kitchen and living area in soft light.





From the master bedroom you can see both land and lake. But it's more than just a room with a view. You can swing the window open and breathe in lake-fresh air. And, "best of all," Carol says, "when we wake, we wake to the sound of the water."

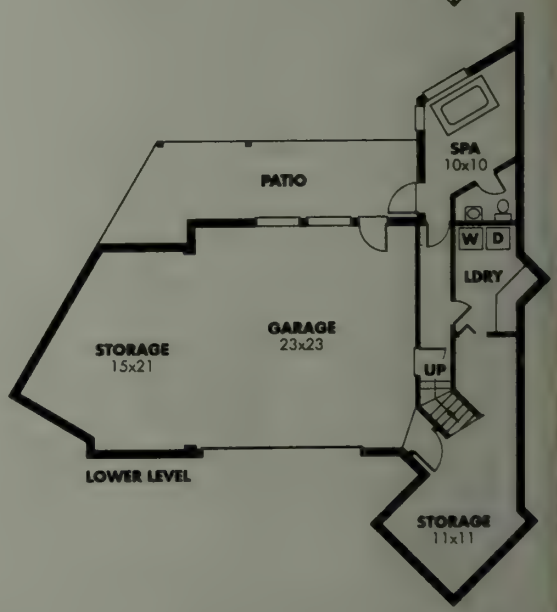






The cherry armoire and wood-trimmed fireplace (*above*) bring nature's warm touch to the master bedroom.

On the home's exterior (*left*), the lap siding was stained greenish grey to give it a comfortable, slightly weathered look.



Buying Guide information on page 278

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Duncan Hines Apple Cinnamon, Peach Pecan* and Berry Basket Fruit Crisp Mixes turn your favorite fruit into a hot-out-of-the-oven, homebaked treat with a scrumptious, crunchy topping that nobody can say no to. Fruit anyone? How about everyone!

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Mail to: Maxwell House New Cook Book Offer, P.O. Box 9619, Clinton [illegible]

REQUEST MUST BE RECEIVED BY [illegible] OFFER GOOD WHILE SUPPLIES LAST. 6-8 weeks for shipment. Offer good in U.S. only, its territories and military address[es] where taxed, restricted or prohibited. Requests from P.O. Box addresses will not be honored or returned.

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING—CLEVER BACKSPLASHES

Page 31: tin panels—AA-Abbingdon Affiliates Inc., 2149 Utica Ave., Dept. BHG, Brooklyn, NY 11234; 718/258-8333.

Page 32: tile, various colors and styles—Nemo Tile Co., Inc.; for a retailer near you call 212/505-0009.

Page 34: botanical images, "Botanica" calendar—Cavallini & Co.; for information or a retailer near you call 415/296-8852.

WICKER PICKER-UPPERS

Page 38: Macao rocker, 1243517—Pier 1 Imports, 800/447-4371. **Fringed needlepoint pillow**—antique. **Red paint,** "Glidden Red" 10YR 17/465—Glidden Paints; for a retailer near you call 800/663-8589. **Green paint,** "Land Rush" 22-G-4—Dutch Boy Paints; for a retailer near you call 800/828-5669.

Page 40: Bristol desk chair, 1357599—Pier 1 Imports, 800/447-4371.

Page 42: Jamaica dressing chair, 1090533—Pier 1 Imports, 800/447-4371. **Bullion fringe and trimming**—available at fabric stores and upholstery dealers nationwide.

Pages 44–45: parlor square arm chair—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **Skirt fabric,** "Stonington" (Wedgwood) 659471—Waverly, 800/423-5881. **Seat cushion fabric,** pattern no. 4852002; **button-cover and pillow edge fabric,** pattern no. 4840004; **floral pillow face fabric,** pattern no. 4614006—House of Fabrics; for a retailer near you call 818/995-7000. **Green pillow**—antique.

THE DECORATING SHOP

Page 51: Precious Pillow Sachets—Willmaur Crafts Corp., 735 Old York Rd., Willow Grove, PA 19090.

KITCHEN ISLANDS

Page 52: refrigerator/freezer—KitchenAid, 2000 M-63, North, Benton Harbor, MI 49022; 800/422-1230. **Cooktop**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **White countertops and integral sink**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702; 800/426-7426. **Granite countertop on island**—Fox Marble & Granite, 1400 Minnesota St., San Francisco, CA 94107. **Cabinets**—Hallmark Cabinets, 4851 Warehouse Rd., Salt Lake City, UT 84118. **Curved-wire fixtures above sink**—Limn Co., 290 Townsend St., San Francisco, CA 94107; 415/543-5466. **Stainless steel vent hood**—Vent-A-Hood, P.O. Box 830426, Richardson, TX 75083-0426. **Carpet runners**—Courtyard Collection, 540 Ramona St., Palo Alto, CA 94301.

Page 55 (*right*): cooktop—Thermador (address above). **Stainless steel vent hood**—Vent-A-Hood (address above). **Limestone tiles and black granite insets on backsplash**—Mary Jo Camp, CKD, 842 Santa Cruz Ave., Menlo Park, CA 94025. **Tea kettle**—Alessi, The Markuse Corp., 10 Wheeling Ave. Woburn, MA 01801. **Cookware**—Calphalon Commercial Aluminum Cookware Co., P.O. Box 583, Toledo, OH 43609. **Solid-surface countertop**—DuPont Corian (address above).

Page 60 (*top*): faucets—Kohler Co., Kohler, W. 53044; 800/456-4537. **Refrigerator**—Traulsen & Co., 114-02 15th Ave., College Point, NY 11356-1430; 800/852-8220 and 800/542-4022. **Cabinet hardware**—Baldwin Hardware Corp., 841 E Wyomissing Blvd., P.O. Box 15048, Reading, PA 19612-5048; 800/437-7448. **Urn**—French Wyres, P.O. Box 131655, Tyler, TX 75713. (***Bottom***): **table cover**—Pamela Stavroff Design Assoc. Inc., 53 N High St., Columbus, OH 43215; 614/764-1973. **Pendant fixtures above table**—Lightolier, Inc. 100 Lighting Way, Secaucus, NJ 07094-0508.

AIMING HIGH WITH VINES

Pages 133–150: vines—most vines are available at retail garden centers and nurseries or mail order firms such as Wayside Gardens, P.O. Box 1, Hodges SC 29695-0001; 800/845-1124; free catalog. **Hyacinth bean vine**—Park Seed Co., P.O. Box 46 Hwy. 254 N., Greenwood, SC 29648-0046; 803/223-7333; free catalog. **Cardinal climber**—J.L. Hudson, Seedsman, Star Route 2, Box 337, La Honda CA 94020; no phone orders; catalog $1. **Clematis florida sieboldii**—Wayside Gardens (address above). **Asarina scandens**—Thompson & Morgan, P.O. Box 1308, Farraday & Gramme Avenues, Jackson, NJ 08527-0308; 908/363-2225; free catalog.

GARDENER'S ALMANAC

Page 152: Mina lobata—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 908/363-2225; free catalog. Seymour's Selected Seeds, P.O. Box 1346, Sussex, VA 23884; 803/663-3084; free catalog. Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001; 864/223-7333; free catalog. J.L. Hudson, Seedsman, Star Rt. 2, Box 337, La Honda CA 94020; no phone; catalog $1.

CAREFREE ROSES

Pages 155–164: roses—Heirloom Old Garden Roses 24062 NE. Riverside Dr., St. Paul, OR 97137; 503/538-1576; catalog $5. Antique Rose Emporium Rt. 5, Box 143, Brenham, TX 77833; 409/836-4293; catalog $5. Roses of Yesterday and Today, Brown's Valley Rd., Watsonville, CA 95076-0398; 408/724-3537; catalog $3. Jackson & Perkins, P.O. Box 1028, Medford OR 97501; 800/292-4796; free catalog. Wayside Gardens, Hodges, SC 29695-0001; 800/845-1124; free catalog. **Rose garden and building plans**—Resourceful Judith Designs, 461 Route 169, P.O. Box 265, Woodstock, CT 06281; 203/928-4421; catalog $1. **Resources**—Heritage Rose Group, 925 Galvin Dr., El Cerrito, CA 94530. Annual dues, $5. Members receive four issues of the Heritage Rose Letter and admission to exhibits and plant sales.

GARDEN COMPANIONS

Pages 167–172: Euphorbia, rhododendron, hosta, Scotch moss, coreopsis, lysimachia, Japanese blood grass, Siberian iris, globe campanula, sea holly, sedum Autumn Joy, Rosa rubrifolia, Japanese silver grass, pennisetum, verbena, salvia, red switch grass—Wayside Gardens, P.O. Box 1, Hodges SC 29695-0001; 800/845-1124; free catalog. White Flower Farm, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600; free catalog. **Fuchsia magellanica Variegata' dwarf pine**—Forestfarm, 900 Tetherow Rd., Williams, OR 97544; 503/846-6963; catalog $3. **Acaena**—Garden Place, P.O. Box 388, 678

continued on page 27

Better by Design



Kitchen and bath design embraces the old dictum: form follows function. But that's only the starting point. Here's a collection of rooms where you can add to the formula: style follows imagination.

It's a reaction to rails for the entire industry.

A startling exception

to a blindly accepted rule.

The idea that room for five

must, by definition,

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blue heaven

The inspiration for this Winnetka, Illinois, kitchen began taking shape eons ago when a spectacular blue granite formed on a Brazilian mountainside.

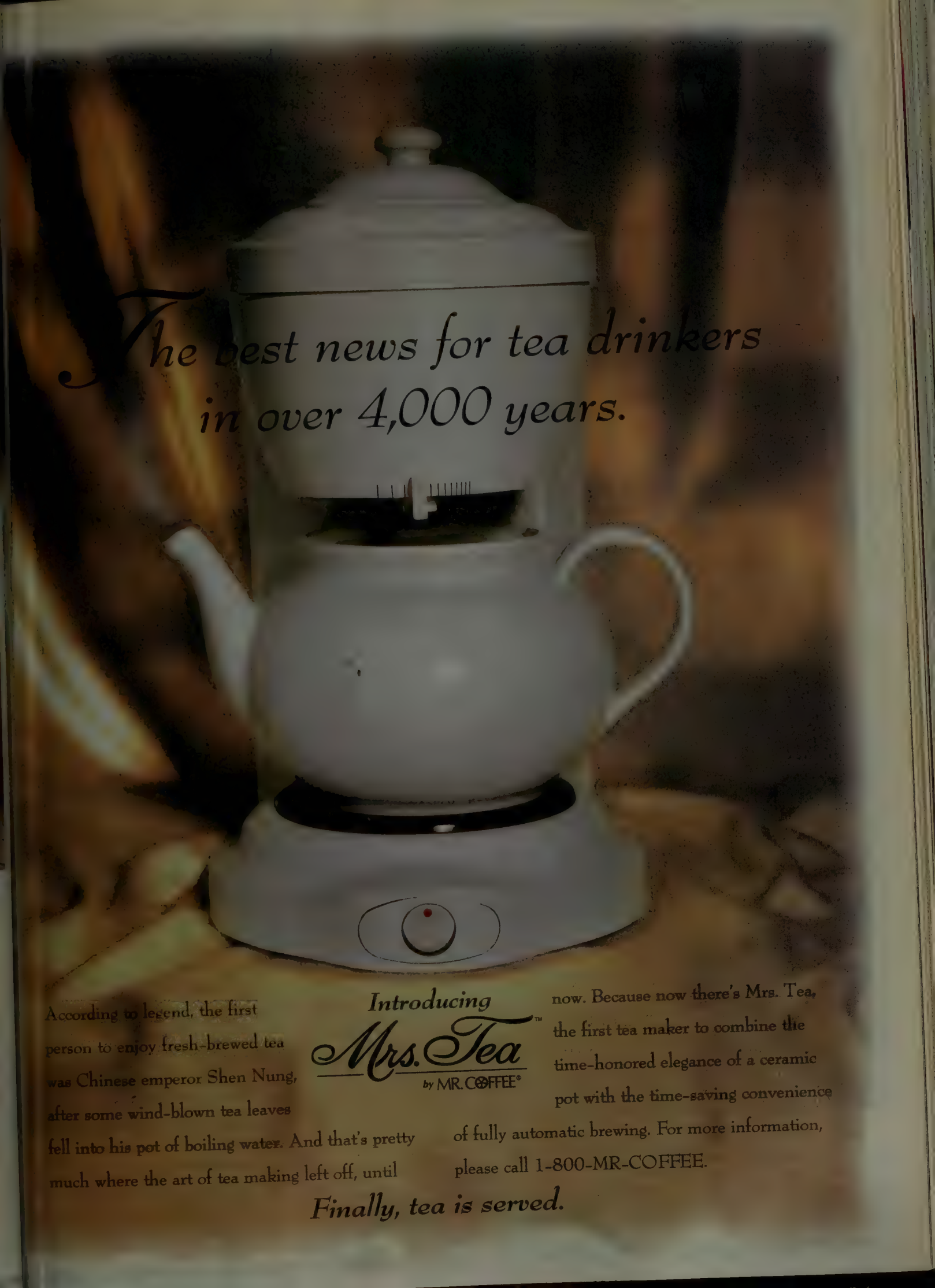


PHOTOGRAPHS: JIM HEDRICH, HEDRICH BLESSING. REGIONAL CONTRIBUTOR: WITH STYLE, MAUER/ROSE

Janice Matz traveled to Texas to select slices of blue granite for her kitchen, *above*. Because stone color and veining varies from piece to piece, Janice wanted to be certain the blue she received was the exact shade and texture to match her kitchen.

When Janice and Marshall Matz remodeled, they exchanged a dark, cramped, inefficient, and dated kitchen for this heavenly feast of color and style. The main courses here are the delicious cherry-wood cabinetry and the blue Bahia granite counters and wall surfaces. The smart new layout adds storage, light, and practicality to the kitchen without increasing its size. Janice says, "It makes me smile when I walk in here every day. What more could you ask for in a kitchen?"

continued on page Z6



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According to legend, the first person to enjoy fresh-brewed tea was Chinese emperor Shen Nung, after some wind-blown tea leaves fell into his pot of boiling water. And that's pretty much where the art of tea making left off, until now. Because now there's Mrs. Tea, the first tea maker to combine the time-honored elegance of a ceramic pot with the time-saving convenience of fully automatic brewing. For more information, please call 1-800-MR-COFFEE.

Finally, tea is served.

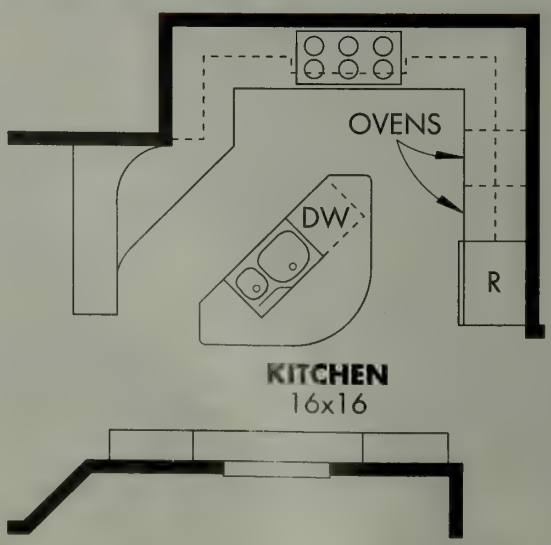
continued from page Z4



A commercial-style, six-burner cooktop, *right,* offers the high level of performance the Matzes need when preparing for large dinner parties. Wide landing areas to the sides of the cooktop allow plenty of room for hot cookware. The stainless steel hood was custom made to complement the brushed-steel look of the appliances.

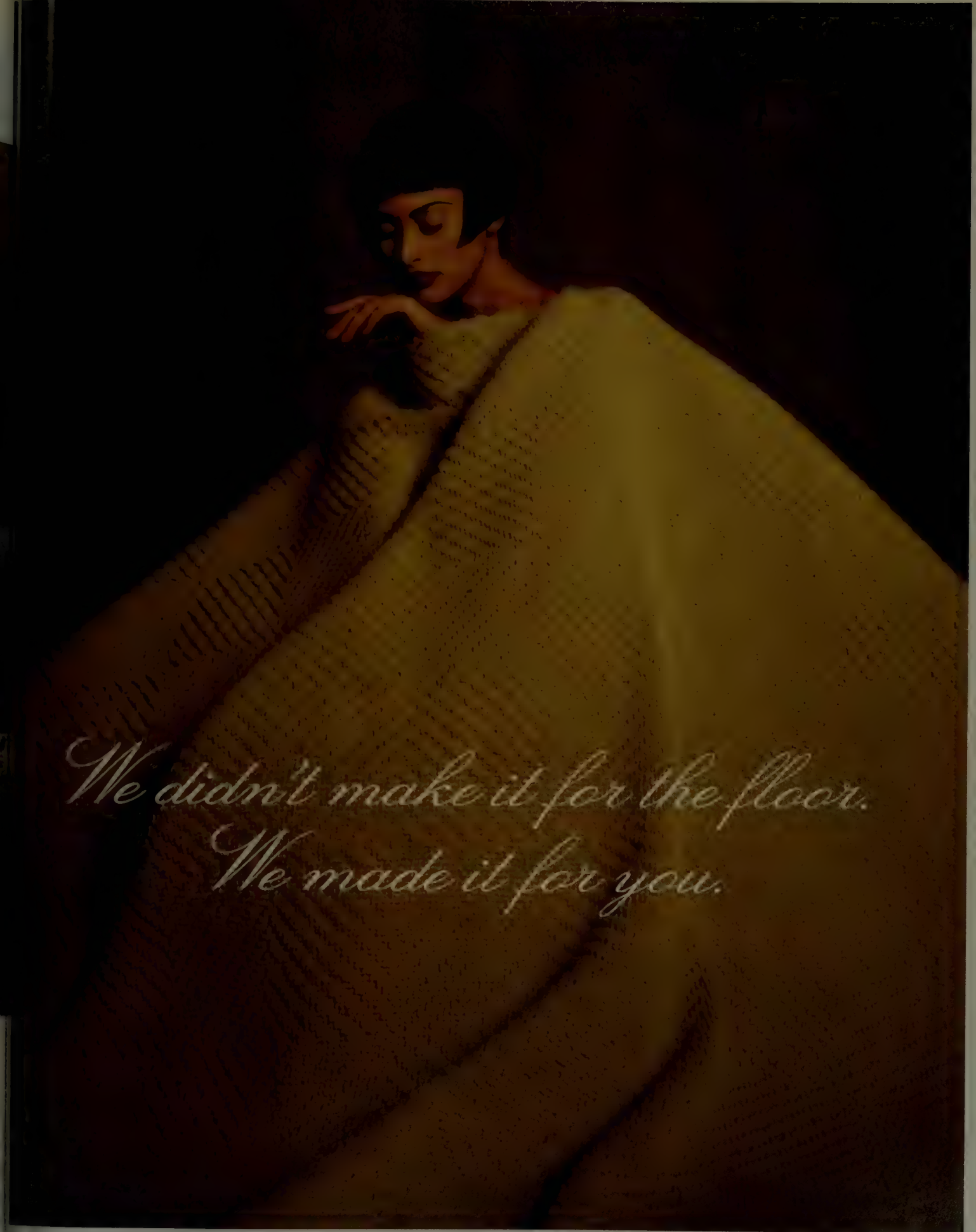


In the kitchen's original design, cabinets bordering the window were 24 inches deep. By making the new cabinets, *above,* only 12 inches deep, more sunlight was invited into the room. For added elegance, the cabinets' pear-wood veneers were sequence-matched. Because veneers were cut in sequence from the same tree, grain patterns are repeated wherever two veneer plies meet.



The kitchen layout, *left,* makes it easy to arrange a buffet for 50 or more friends. Preparations for a dinner party can be made at the cooktop, oven area, and island. Then, finished treats can be shifted to the peninsula before presentation in the dining room.

continued on page Z10



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Think of all you do to keep their clothes clean. Now consider this. No matter how good a housekeeper you are, your children are exposed to mold spores, dust mite allergens – even bacteria and viruses. They're in the air inside your home. But you can help protect your children with a Honeywell Air Purifier. Our exclusive enviracaire® True HEPA filter can remove 99.97% of these impurities – something vacuum cleaners and furnace filters can't do. Call 1-800-332-1110 for more information and a store near you. And while you're washing their clothes, we'll be washing their air.



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continued from page Z6



A collection of Windsor chairs and amusing French poster prints, *above*, give the dining area casual ambience. Windows were treated to block the entrance of ultraviolet rays because the posters are very old and light sensitive. A Persian rug slipped under the table helps define the dining space and softens the hard, ceramic-tile floor.

The under-counter wine chiller in the dining area, *right*, does its job in silence now, but it didn't when first installed. Janice bought this model for its appearance without realizing it was a commercial unit with a throaty motor. "You couldn't stand next to it and have a conversation," she says. Fortunately, it was possible to silence the motor with a few modifications.



continued on page Z12


You've imagined him since you were 5.
You met him when you were 24.
Forget the statistics, you know it will last forever.
As a child, you lived with furniture others picked out for you.
In college, you lived with furniture others gave you.
Isn't it time for something that you can forever call your own.
PENNSYLVANIA HOUSE
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continued from page Z10



In early discussions about the kitchen's design, Janice said she didn't want stacked ovens because that creates an awkward reach. So designer Kathleen Nelson raised a pair of European ovens, *above,* seven inches above the countertop. This made them easier to use, allowed room for deep drawers, and provided a raised counter for meal preparations.

With slide-out storage racks, *right,* Janice can reach into the deepest recesses of any cabinet. Easy-to-grab bar handles for drawers and doors are another worthwhile cabinet option. A slab of black granite was chosen to top some of the counters because it adds high-sheen variety to the design mix. The more-common stone color comes at more-common stone prices.



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Dishwasher

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Complete with UQ Series Insulation System and Quiet Liner Tub, the only thing you'll hear in the en is compliments. And since it's from Jenn-Air, the sleek design destines it a conversation piece. We just e sure you'll hear the conversation. For a brochure showing the Jenn-Air line, call 1-800-JENN-AIR.

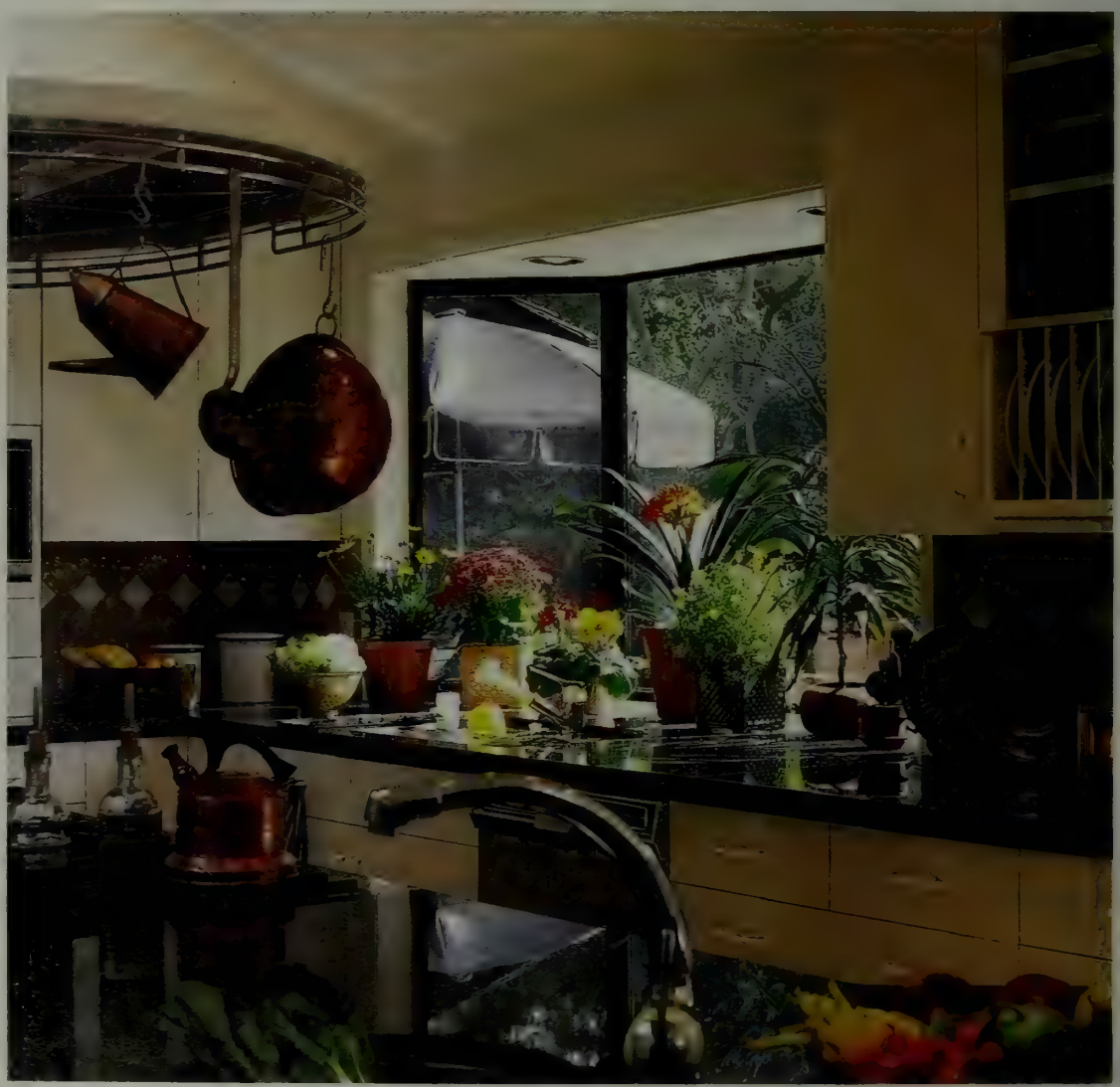
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a stylish remake

The '60s gave us long hair, Sonny and Cher, and this once dark-and-dreadful kitchen. Well, hair neat and short these days, Sonny is walking the halls of Congress, and this kitchen has been renew

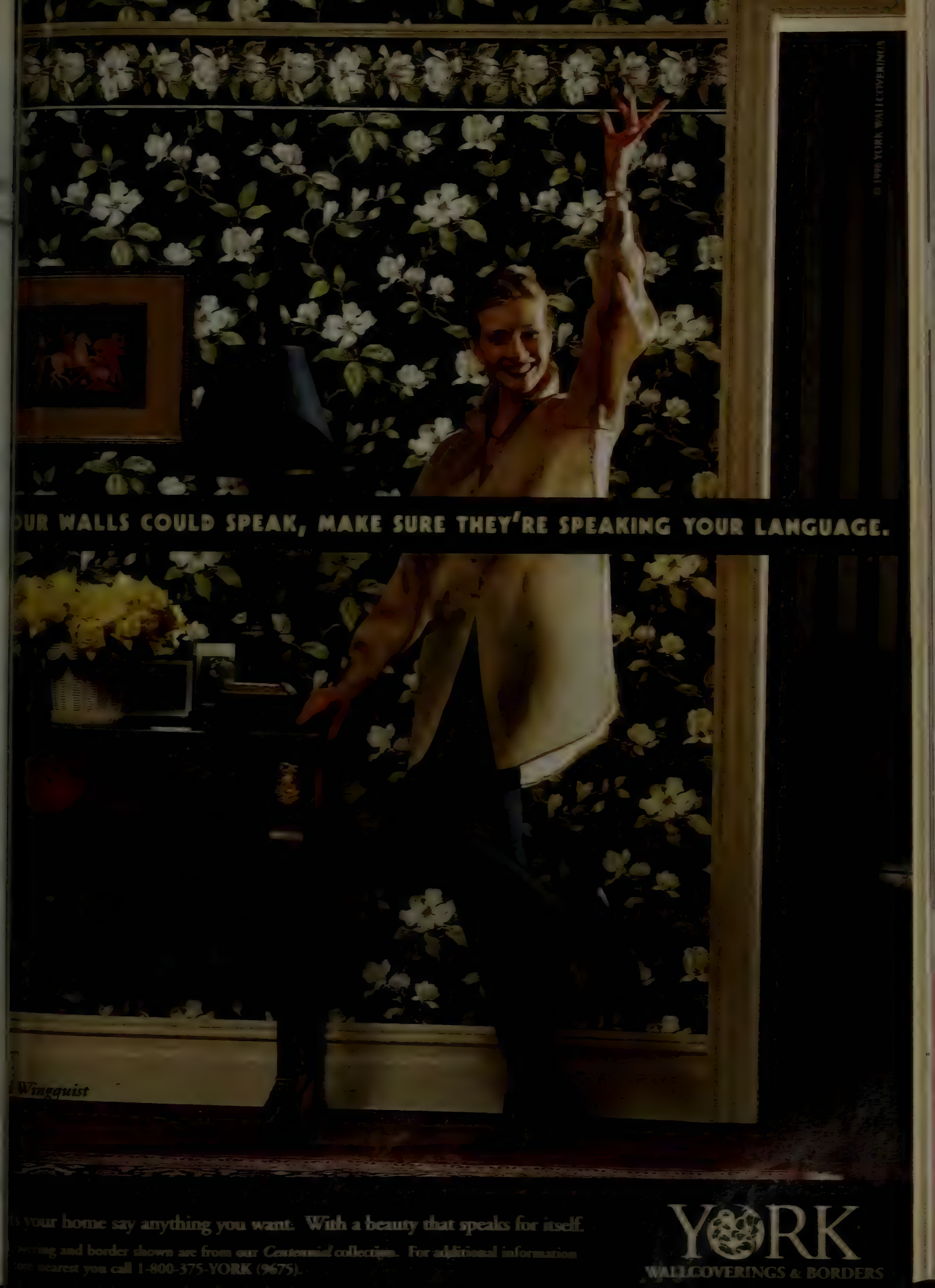


PHOTOGRAPHS: JAY GRAHAM. KITCHEN DESIGN: DAGMAR THIEL. REGIONAL CONTRIBUTOR: HELEN HEITKAMP

An 18-inch sink bump out, *above*, created a sunny plant shelf and gave Gigi Halloran the backyard view she wanted. By bringing the window down flush with the counter-top, she gets the fullest view possible.

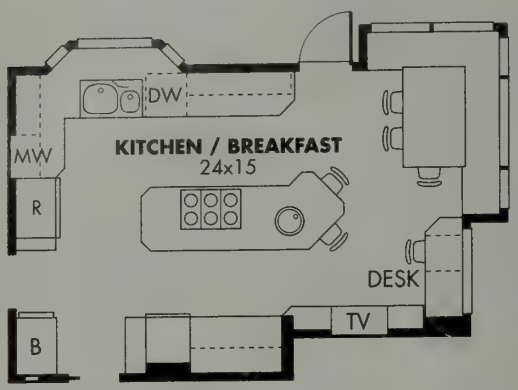
The typical 1960s kitchen was U-shaped and uninspiring. By borrowing space from surrounding rooms and adding a small bump out for the sink, kitchen designer Dagmar Thiel gave Gigi and Mike Halloran of Orinda, California, this brightly spacious remodeled kitchen. One cook can now work at the cooktop island while others are busy at the bake center, cleanup area, or desk.

continued on page Z16


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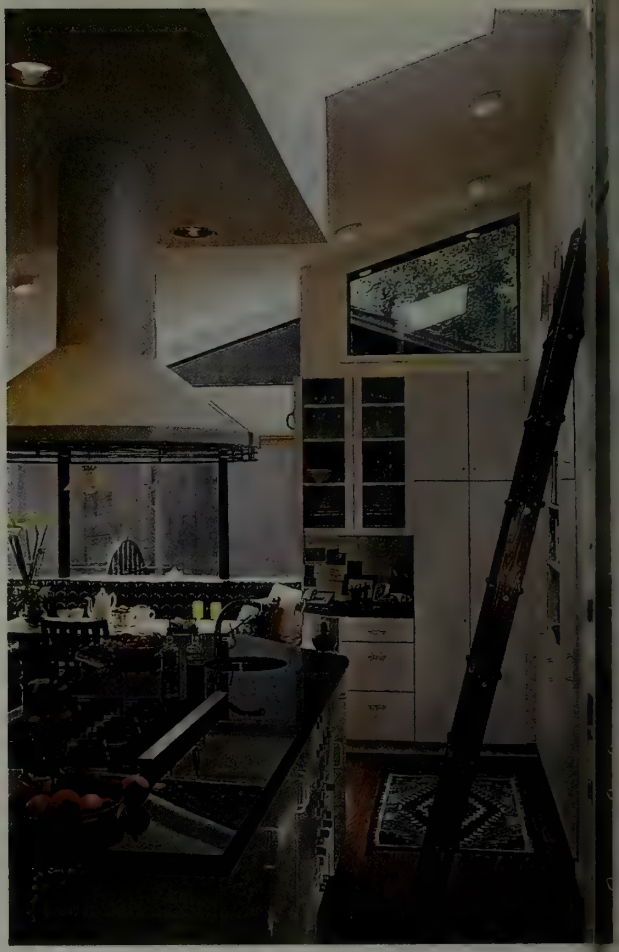
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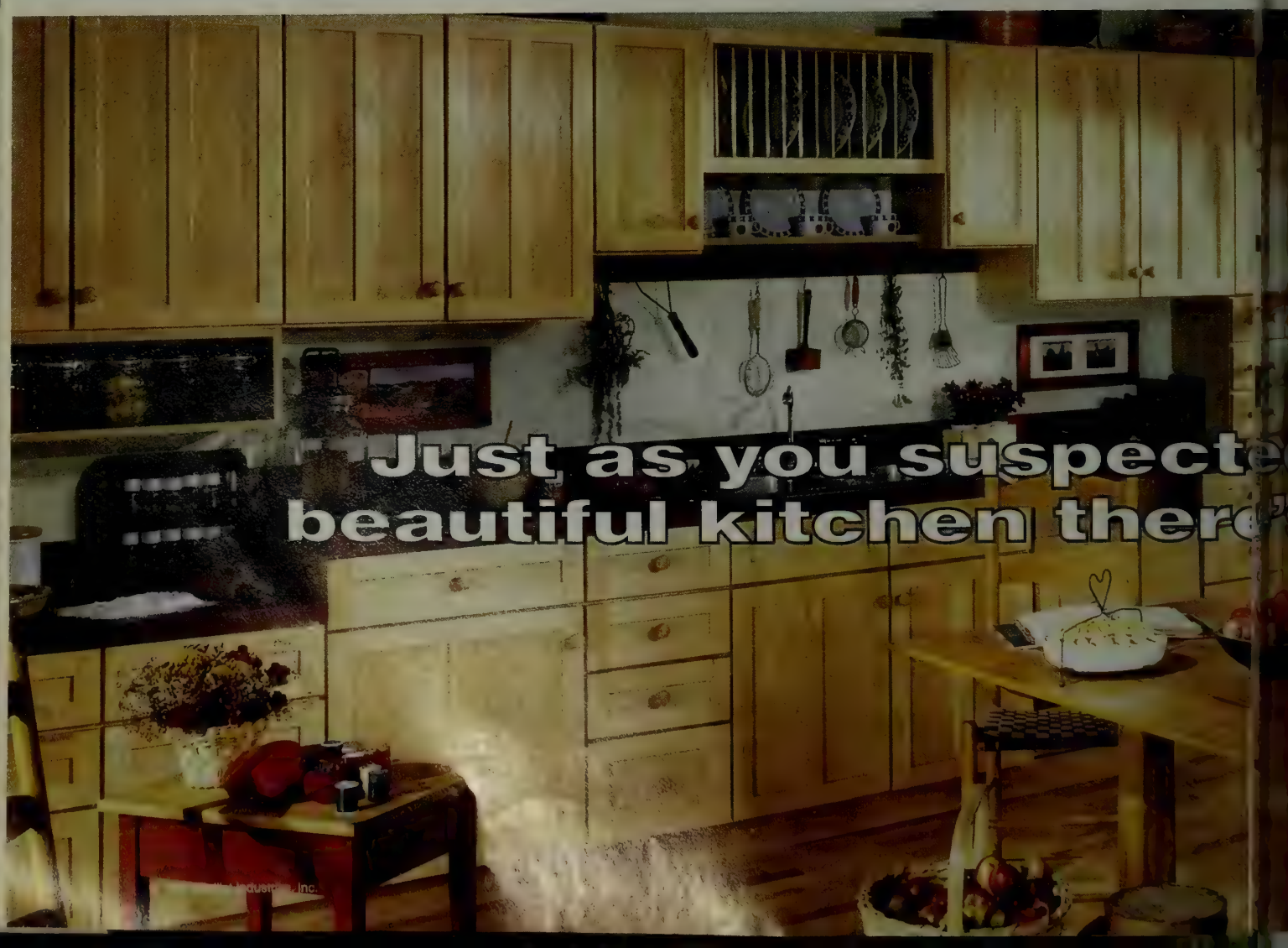
continued from page Z14



The Hallorans' remodeled kitchen, *above,* occupies the same space as the original kitchen. But the location of the new telephone desk was previously a closet for a clothes washer and dryer. Moving appliances away gained space and quiet.

The original kitchen ceiling was high and dark. "The room felt like a big barn," Gigi says. So the ceiling, *right,* was dropped and a soffit was added to accommodate lights and a hood.

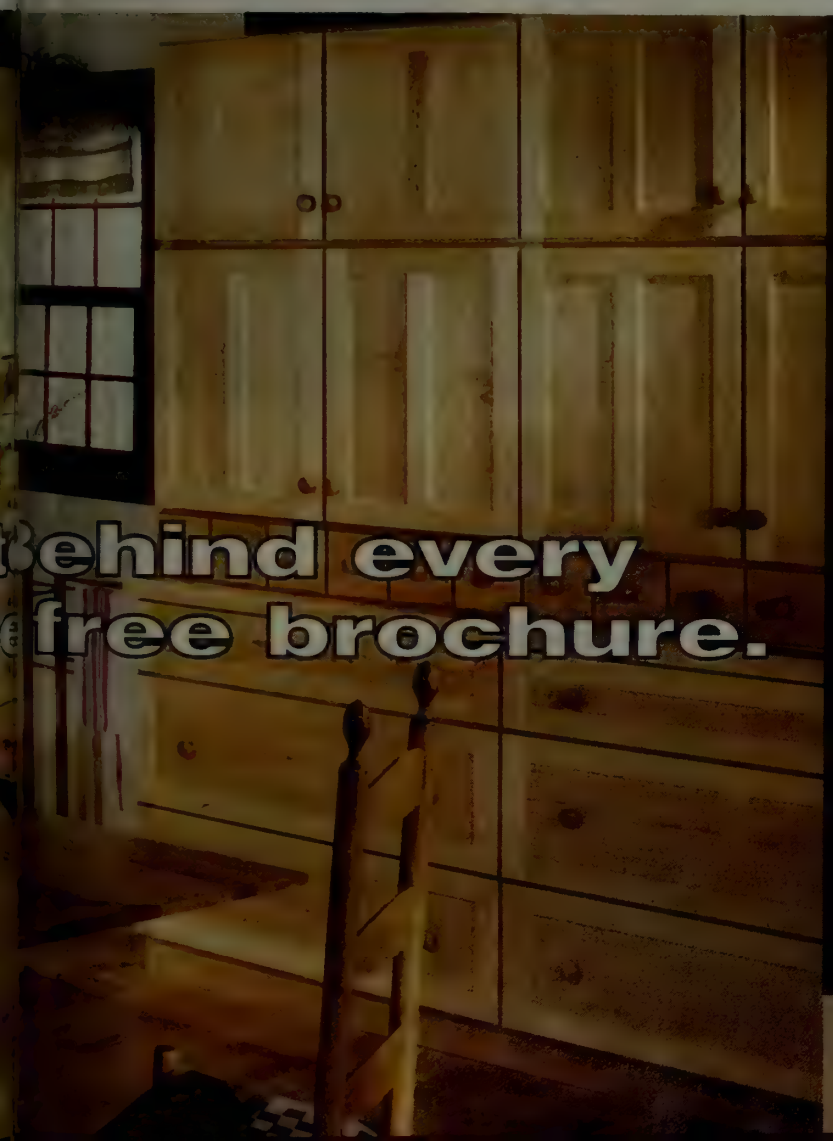






Granite counters with bullnose edges and a diamond-pattern marble backsplash, *left,* add warm and natural touches to the design. The inclusion of an open plate rack and the glazed doors are smart choices. The predictable approach would have been installation of solid white doors—a dull decision. Another nifty element is the pot hanger on the cooktop hood. It keeps utensils within easy reach, and it's a fun spot to display antique copper.

continued on page Z18





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Our free "How We Can Help You Help Your Kitchen" brochure describes them in detail.

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continued from page Z17



Comfortable banquette seating, *above,* replaced a cramped and inconvenient breakfast area. Renovations included removal of sliding glass doors and installation of the bay windows and the triangular clerestory window along the ceiling slope.



In addition to moving the old laundry center, the exterior wall was pushed out two feet to gain space for the telephone desk, *left.* Moving the wall back also made it possible to include the dramatic, pie-shaped clerestory window above the dining area.

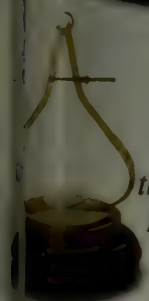
continued on page Z20

1996 Motor Trend

Caravan of the year.



Grand Caravan LE



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Maybe it was the available [illegible]*er's side sliding door. Or the way Easy Out Roller Seats™ make removal and reinstallation a snap. Might have been the quiet. Or the ride. The handling. Safety features like the standard driver and front passenger airbags. Or the magic way the new Caravan can turn in* [illegible]*naller circle even though it's longer. Then again,*







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Always wear your seat belt.

The New Dodge Caravan

continued from page Z18



The end of the island is a perfect spot for wine tasting. Slotted wine storage, *right,* is located beside the island sitting area, and this end of the island also houses a bar sink and cabinets designed to accommodate bar stemware and tools and supplies.



Every nook and cranny was fashioned into storage of one sort or another. A pair of shallow drawers for spices, *above,* were slipped beneath the microwave oven. There's even a narrow niche where paper bags can be stashed.



Kitchen designer Dagmar Thiel made a drawer deep enough for a couple of phone books at the telephone desk. The open shelving was clipped back slightly so it wouldn't intrude into the traffic lane approaching the dining table.

As I See It #8 in a series
Gregory Heisler
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entertaining kitchen

When Suzanne and Lawrence Engman entertained, she felt alone and isolated in her 1960s kitchen. So down came the walls, and now the kitchen stands in the bright light of center stage.



PHOTOGRAPHS: KING AU. ARCHITECT: D. BRYAN SHIFFLER

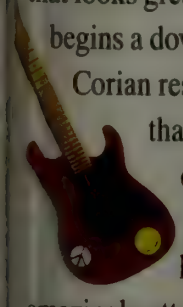
The remodeled kitchen, *above*, occupies the same space as the original, dark kitchen. Suzanne chose granite countertops for their durability and sleek appearance. Her previous island counter was made of butcher block, but she didn't like the way the wood scarred with use.

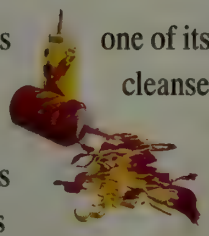
Though Suzanne Engman lives a very 1990s lifestyle, her kitchen was decades behind. So the kitchen was gutted. Stark white cabinetry went up to brighten the room, cool granite countertops were added, appliances were upgraded, and a quartet of powerful track lights were installed. But architect Bryan Shiffler's best move was taking out a wall separating the kitchen from the family and dining rooms. Suzanne says, "Now when company comes over, everyone winds up in the kitchen with me talking across the island. It's a friendly arrangement that we enjoy." *continued on page Z24*

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DUPONT

continued from page Z22

Cooking is less a chore when work centers are efficiently arranged, *right.* It's only a step or two from the cooktop to the sink or refrigerator. Suzanne likes her extra-deep, stainless steel sink. "It's easy to get a pot in and out when you're cooking a big meal," she says.





Removing hot dishes from under-counter convection ovens, *above,* is safer than taking steamy dishes down from stacked wall ovens. Suzanne says, "Lifting pans in and out is a breeze and these ovens bake such tender chicken it tastes like fried."

The professional-quality cooktop is more than a match for a large dinner party. Suzanne says, "We usually have seventeen people sleeping over at Thanksgiving. So we give the kitchen a real workout and the remodeling has given us everything we wanted and more."



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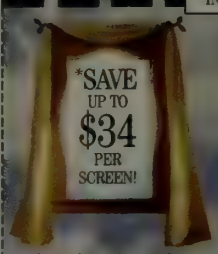
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a very suite hideaway

After losing a home to the devastating 1991 fire in the hills of Oakland, California, the Lees wanted retreat that was private and comfortable where they could sit, talk, read, and contemplate the view



PHOTOGRAPHS: JAY GRAHAM ARCHITECT: RON SUTTON INTERIOR DESIGN: CHARLYN HERMES BROWN REGIONAL CONTRIBUTOR: HELEN HEITKAMP

A pair of cushioned window seats—quiet perches for reflection and relaxation—were placed on either side of the French doors, *right*. For those who might like to curl up here with a book after dark, recessed lights were positioned above each seat.



There's room for both clothes and bedding in the bedroom storage wall, *above*. A small vanity niche was tucked into the end of the storage unit. The nook is illuminated by morning sunlight coming in through the clerestory window on the wall above it.

When Dr. Myron and Gail Lee rebuilt, they oriented their master bedroom suite for a view toward San Francisco Bay. Located at tree-top level, the second floor bedroom has a pair of French doors that open onto a small deck. Wrap-around windows give the room the feeling of the sun-porch bedrooms that were popular in the 1920s and 1930s.

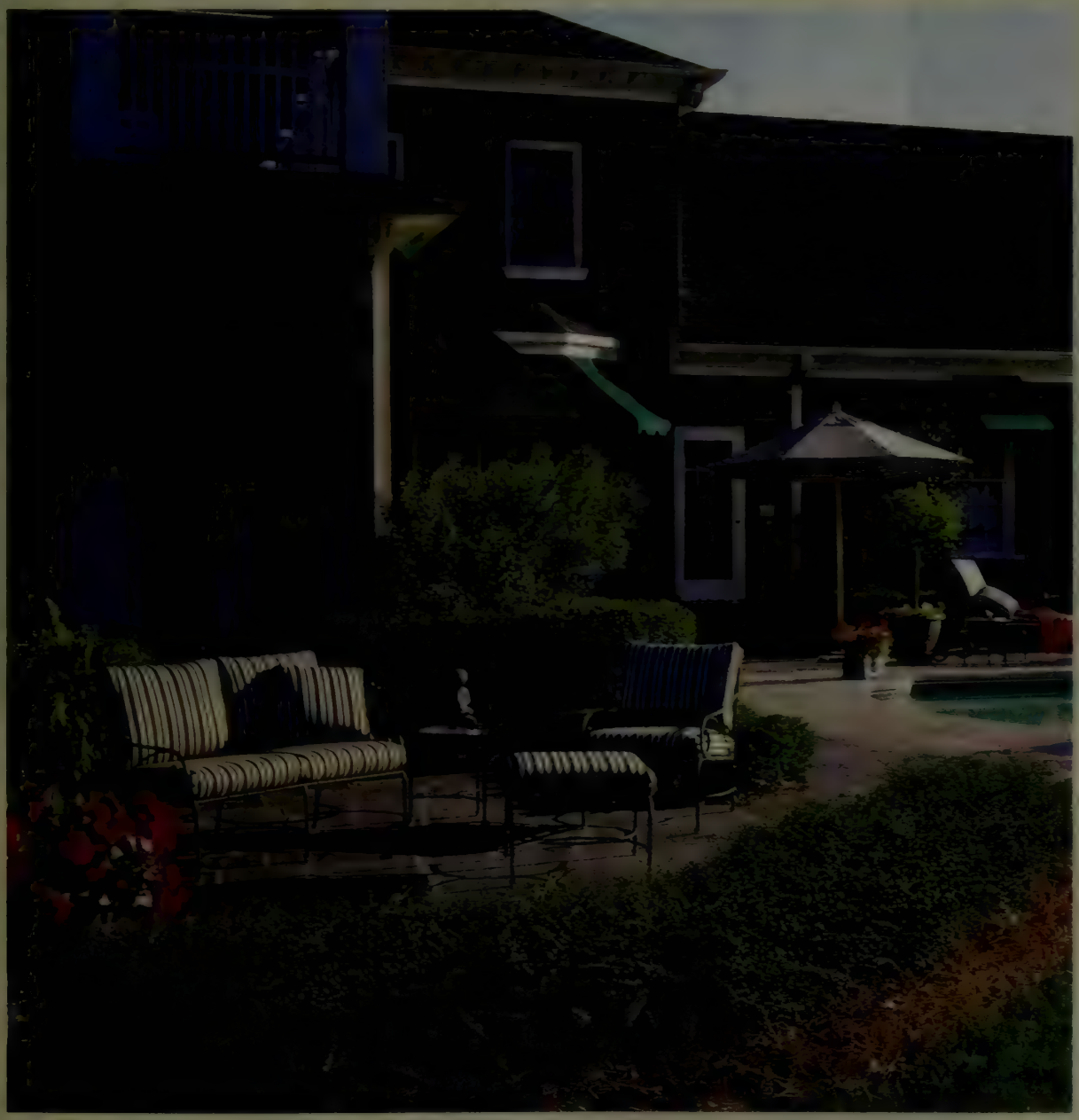
continued on page Z28

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continued from page Z26



Here's a neat trick: divide a room without blocking light or views. It was done for the Lees with a four-foot-long marble-clad wall, *above*, separating the tub/shower from the vanity. The stone baffle is open at both ends but does not reach the ceiling.

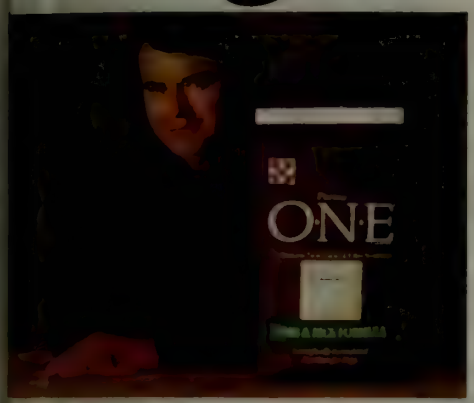
The master suite includes the storage wall cabinetry and a walk-in closet, as shown by the floor plan, ***right***. It is only steps across a hall to a private, second-floor study or family room.

continued on page Z30

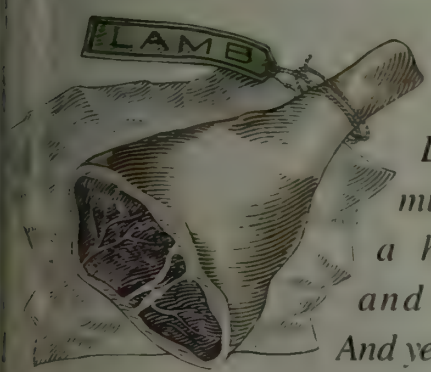


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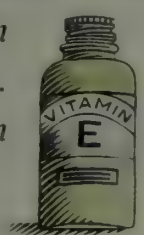


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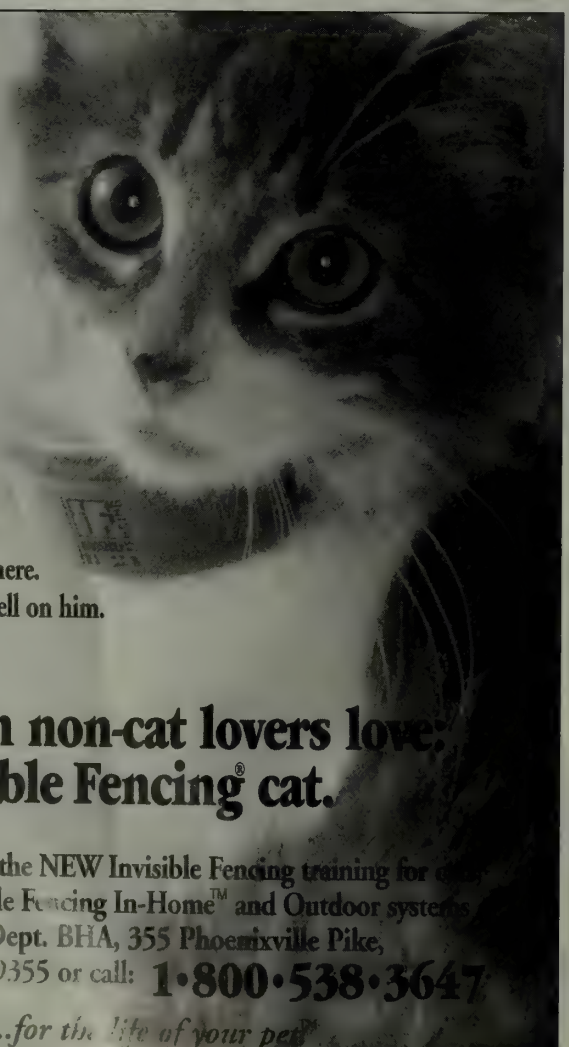
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continued from page Z2



The burgundy mar[ble] of the floor tiles is repeated in the va[nity] countertop, *above*. There are shallow, recessed medicine cabinets at each e[nd] of the vanity.



Tumbled marble is an old material that is becoming popular again. Here it provides traction as small floor tiles and is used as one-inch accent squares, *above*.

do your homework before you buy

Gathering the best of everything for your new dream kitchen or bath can turn into a nightmare if you aren't a knowledgeable buyer. Before writing a check, consider some of these caveats:

•Restaurant ovens and cooktops

If you are considering commercial cooking appliances, give them a test run first. Your kitchen designer can track down a working installation, or you may have friends with this type of gear.

Do you need the full power of commercial-type burners? Because they have such high-capacity burners, commercial units throw more heat into your kitchen than standard residential equipment. Pay particular attention to placement of restaurant ovens. Some have uninsulated side walls which become so hot during operation that they should never be positioned against wood cabinetry.

Heavy commercial units may be more difficult to clean than home-style cookers. Also, some commercial cooktops have manual ignition, which takes more time and effort to engage than many people prefer.

As a stylish alternative, consider a line of standard residential appliances finished in brushed steel. Domestic brands have made great strides recently in performance.

•Stone countertops

Whether you are buying granite, marble, or another stone, inspect pieces before they are installed. Make sure thickness is uniform, the color and finish are what you expected, and they are free of major cracks. Small fissures should be sealed with a silicone stone impregnator. This sealer will fill small cracks and pores so no moisture can ever seep into the stone. It's primarily a precaution, but a vital one. One application will last for decades.

•Range hoods

Before buying a custom range hood, inspect the filter on a working model. Make sure filters can be removed easily and new screens or cartridges are available. Also be certain the hood comes equipped with lights to illuminate the cooking surface and a fan powerful enough to do the job but quiet enough for home use.

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a light-filled bath

Snatching some sunlight for this Washington, D.C., bathroom was a challenge because the room is located in the center of the house with no exterior walls. The solution required a couple of strategically placed skylights.



Adding skylights revealed some unattractive, thin ceiling trusses, *above*. They were boxed with trim and finished to match the cabinets and now look like beefy beams.



Vertical rows of glass bloc *above*, allow sunlight to e from an adjacent bedroom Muted colors were chosen create a quiet, peaceful atmosphere for bathers.

PHOTOGRAPHS: THOMAS ARIETO; DESIGNER: CINDY GROSSMUELLER, ASID

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Buying Guide

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BLUE HEAVEN

Page Z4: refrigerator—Sub-Zero Freezer Co., Inc., P.O. Box 4130 Madison, WI 53744-4130; 800/222-7820. **Cooktop, microwave**—Gaggenau USA Corp., 425 University Ave., Norwood, MA 02062. **Cabinetry,** "Pear-wood veneer"—Downsview, available through nuHaus, 1665 Old Skokie Rd., Highland Park, IL 60035. **Cooktop hood**—nuHaus (address above). **Countertops and Italian ceramic tile floor,** "Blue Bahia" (granite and black granite)—Pithof Tile & Marble, Inc., 1665 Old Skokie Rd., Highland Park, IL 60035. **Sink**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Faucet**—Hansa America, 1432 W. 21st St., Chicago, IL 60608. **Recessed lights and under-cabinet low-voltage lights**—Juno Lighting, Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/323-5068.

Page Z6 (*left*): plantation shutters—Shutter Decor, 1528 W. Adams, Chicago, IL 60607. (*Right*): **cooktop**—Gaggenau USA Corp. (address above). **Cabinetry**—Downsview, available through nuHaus (address above). **Cooktop hood**—nuHaus (address above). **Countertops and Italian ceramic tile floor**—Pithof Tile & Marble, Inc., 1665 Old Skokie Rd., Highland Park, IL 60035. **Recessed lights and under-cabinet low-voltage lights**—Juno Lighting, Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/323-5068.

Page Z10 (*right*): wine chiller—Traulsen & Co., Inc., 114-02 15th Ave., College Point, NY 11356-1430; 800/825-8220 or 800/542-4022. (*Left*): **table and chairs**—Caledonian, Inc., 562 Lincoln, Winnetka, IL 60093. **Chair cushion fabric**—Country Life, P.O. Box 5037, Costa Mesa, CA 92628. **Wallpaper**—Summer Hill, 2682 Middlefield Rd., Redwood City, CA 94063. **Rug,** "Antique Heriz"—Rouzati & Son Persian Rugs, 528 Main St., Evanston, IL 60202.

Page Z12 (*top and right*): ovens—Miele Appliances, Inc., 22D World's Fair Dr., Somerset, NY 08873. **Cabinetry,** "Pear-wood veneer"—Downsview, available through nuHaus (address above).

STYLISH REMAKE

Page Z14: cabinets—Hallmark Cabinets,

continued on page Z34





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Buying Guide

continued from page Z33

4851 Warehouse Rd., Salt Lake City, UT 84118. **Oven and dishwasher**—KitchenAid, 2000 M-63, North, Benton Harbor, MI 49022; 800/422-1230. **Window**—Western Metal & Sash, 31 Beta Ct., San Ramon, CA 94583. **Faucet**—KWC/Rohl Corp., 1559 Sunland Lane, Costa Mesa, CA 92626. **Sink**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771.

Page Z16: cooktop—Viking Range Corp., P.O. Drawer 956, 111 Front St., Greenwood, MS 38930. **Cooktop hood**—Best Hood-Purcell Murray Co., 113 Park Lane, Brisbane, CA 94005. **Ladder**—Cotterman Co., 338 East Sullivan, Aurora, IL 60506. **Recessed ceiling lights**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094-0508. **Cabinets**—Hallmark Cabinets, 4851 Warehouse Rd., Salt Lake City, UT 84118. **Windows**—Western Metal & Sash, 31 Beta Ct., San Ramon, CA 94583

Page Z17: cabinets—Hallmark Cabinets (address above). **Dishwasher**—KitchenAid (address above).

Page Z18 (*top*): light over table—Scott La... Co., 1960 Olivera Rd., Concord, CA 94520 **Banquette fabric**—Pindler & ... Inc P.O. Box 1039, Redondo Beach, CA 90278. **Napkins**—Smith & Hawken, 25 Corte Madera Ave., Mill Valley, CA 94941.

Page Z20 (*left*): microwave oven—Amana Refrigeration Inc., Inquiry Services, 2001 Ruppman Plaza, Peoria, IL 61614; 800/843-0304. **Basket**—Westerwood Designs, P.O. Box 698, Jamestown, CA 95370. **Cabinets**—Hallmark Cabinets (address above).

ENTERTAINING KITCHEN

Page Z22: cooktop—Gaggenau USA Corp., 425 University Ave., Norwood, MA 02062. **Refrigerator and dishwasher**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000.

Page Z24 (*left*): ovens—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093.

A VERY SUITE HIDEAWAY

Page Z26 (*right*): windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Bed**—Kalkka, 2384 Bay Rd., Redwood City, CA 94063. **Drapery fabric**—Twigs Showroom, 151 Vermont St., San Francisco, CA 94103. **Chair and hassock**—National Upholstery Co., Galleria Design Center, 101 Henry Adams, San Francisco, CA 94103. **Carpet**—Floordesigns, 25 Rhode Island St., San Francisco, CA 94103. **Bedding**—Sibyl Shepard, Galleria Design Center, 101 ... ms St., San Francisco, CA 94103. **Reading lights**—George Kovacs Inc., ... Otto Rd., Glendale, NY 11385. **Fr... doors**—Southwest Windows & Patio D... 2995 Gordon Ave., Santa Clara, CA 95... **Page Z28: tumbled and polished m... surfaces**—Italian Ceramic Tile Corp., ... Doyle St., Emeryville, CA 94608. **Fauc...** Jado Bathroom and Hardware Mfg., ... Box 1329, Camarillo, CA 93011; 800/... 2734. **Towels**—Fieldcrest; for product i... mation call 800/841-3336. **Rece... lights**—Halo Lighting, Div. of Cooper ... 400 Busse Rd., Elk Grove Village, IL 60... 800/323-8705.

Page Z30 (*top*): wall sconce—Boyd Ligh... Co., 56 12th St., San Francisco, CA 94... 1293. (***Bottom***): **tumbled and polished ... ble surfaces**—Italian Ceramic Tile C... (address above).

A LIGHT-FILLED BATH

Page Z32 (*top and bottom*): countertop—... Formica Corp., 10155 Reading ... Cincinnati, OH 43017-3215; 800/3... 6422. **Shower door,** "Aquatex"—A.L. Sr... 8005 Cesna Ave., Gaithersburg, MD 208... **Floor tile**—Florida Tile Ind., Inc., 1 S... Blvd., Lakeland, FL 33801; 800/789-8... **Glass block**—Pittsburgh Corning, ... Presque Isle Dr., Pittsburgh, PA 152... 800/992-5769. **Skylights**—Velux-Amer... Inc., P.O. Box 5001, Greenwood, SC 296... 5001; 800/283-2831. **Lighting**—Lightc... Inc., 100 Lighting Way, Secaucus, ... 07094-0508. **Tub**—Americh Corp., 13... Saticoy St., North Hollywood, CA 916... 800/453-1463. **Faucets**—Delta Faucet ... 55 E. 111th St., Indianapolis, IN 462... 800/345-3358.

Architects & Designers

BLUE HEAVEN

Pages Z2–Z12: kitchen designer—Nel... nuHaus, 1665 Old Skokie Rd., Highl... Park, IL 60035. **Interior designer, ea... area**—Carol Knott Interiors, 430 Green ... Rd., Kenilworth, IL 60043.

STYLISH REMAKE

Pages Z14–Z20: kitchen designer—Dag... Thiel, 34 Whitehall Dr., Orinda, CA 945... 6226. **Interior designer**—Diana Tr... Interiors, 370 Park St., Suite 11, Moraga, ... 94556. **Remodeling contractor**—... Woznak, P.O. Box 872, Orinda, CA 945...

ENTERTAINING KITCHEN

Pages Z22–Z24: architect—Bryan Shif... Shiffler Assoc. Architects, 300 Hub ... Building, Des Moines, IA 50309.

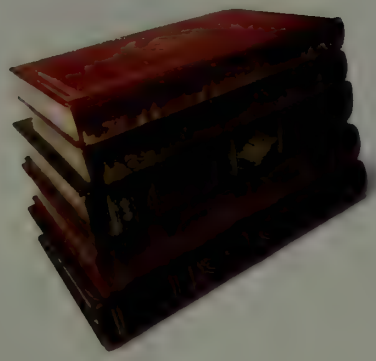
A VERY SUITE HIDEAWAY

Pages Z26–Z30: architect—Ron Sutton, ... Forrest St., Mill Valley, CA 94941. **Inte... designer**—Charlyn Hermes Brown, A... Hermes Design, 2847 Clay St. #2, ... Francisco, CA 94115.

Page Z32: designer—Cindy Grossmue... ASID, Glickman Design Build, 15746 Cra... Branch Way, Rockville, MD 20855.

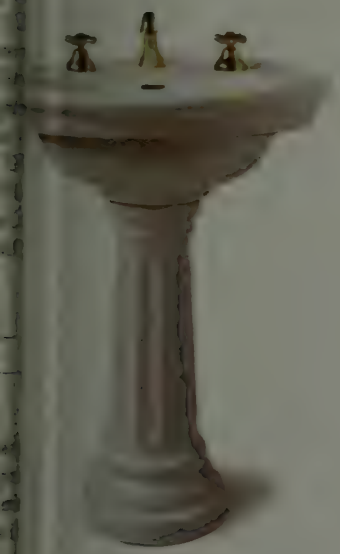
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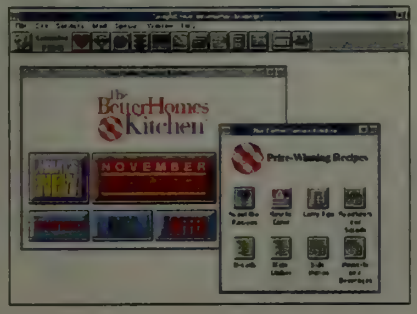
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Our Best

RECIPES

This month, you'll find:



...TONI *with* **EGGPLANT**
... DRIED TOMATO PESTO

Our Daily Pasta *p. 208*

Satisfy your family's passion for pasta with these quick dishes

Readers' Prizewinning Recipes

TORTILLA IDEAS *and*
SPRING SIDE DISHES *p. 273*

Pasta has substance and style—any way you toss it or sauce it. It's never boring, always in good taste, and versatile enough to serve every day. Many of our daily recipes go from stove to table in 30 minutes; others can be made ahead for those hectic evenings after work. And spring-fresh ingredients make each of these dishes simply elegant.

By David Feder

our daily pasta



FETTUCCINE *with* **SHRIMP, ARTICHOKES,** *and* **RED CHILI PEPPERS**



WIDE RIBBON NOODLES *with* CHICKEN
and BABY LIMA BEANS

Recipes begin on page 228





ANGEL HAIR *with* **ASPARAGUS, TOMATOES,** *and* **FRESH BASIL**

Recipes begin on page 232


BOW TIES *with* SAUSAGE
and SWEET PEPPERS



ORZO PASTA *with*
MUSHROOMS
and **LEEKS**

Recipes begin on page 237

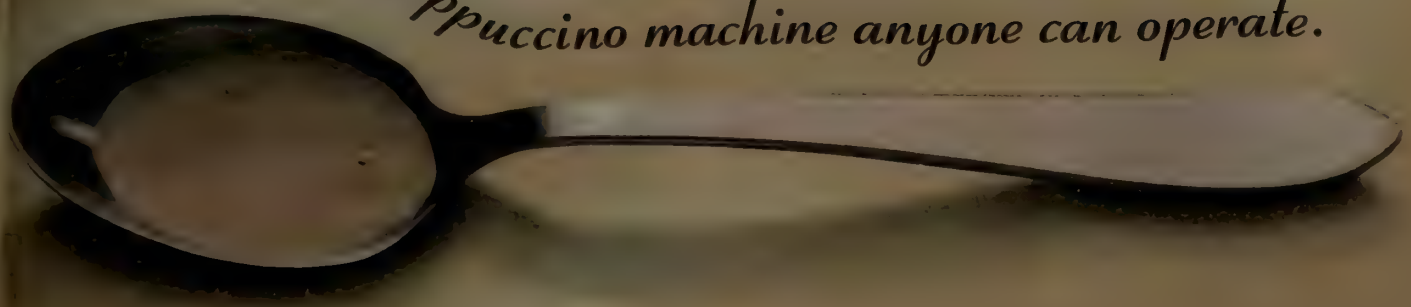


SOUP with MINI PASTAS

Recipes begin on page 218

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our daily pasta

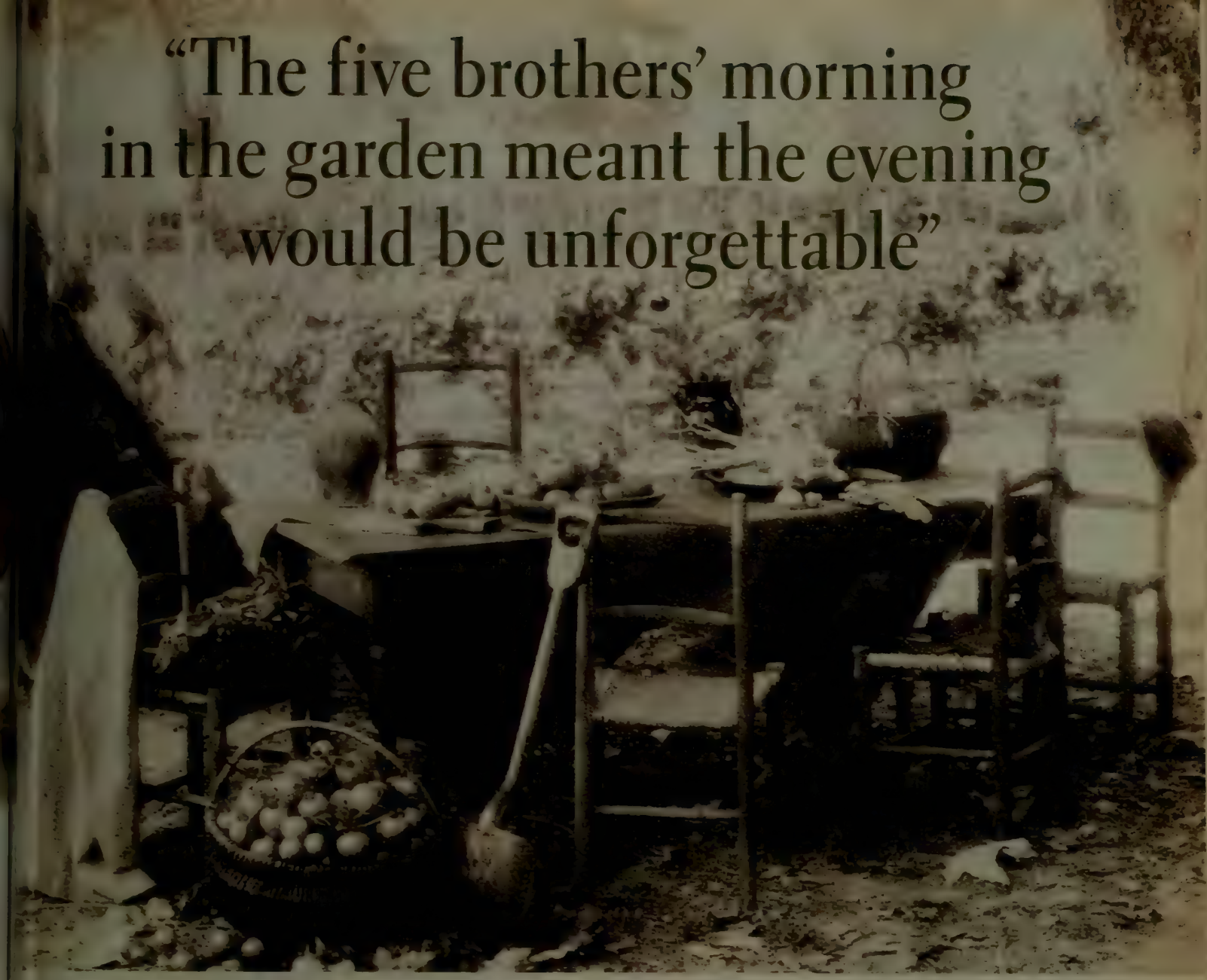
CRAB AND PASTA CAKES
with **CILANTRO-LIME MAYONNAISE** (*top left*)

MIXED PASTAS
with **FRESH HERBS** (*above*)

PENNE SALAD *with*
ITALIAN GREEN BEANS
and **GORGONZOLA** (*left*)

Recipes begin on page 240

"The five brothers' morning in the garden meant the evening would be unforgettable"





There were five brothers who made extraordinary pasta sauces I have never forgotten. Each brother brought his treasure. Raphael, tomatoes — heavy in hand, fresh, pungent to smell. Christophe, summer leaf basil. With fresh garlic and onions, they created an experience so memorable, whenever I sit down to a wonderful pasta meal, it takes me back to their table. Taste the pasta sauces they inspired — Garden Vegetable Primavera, Marinara with Burgundy Wine, Sautéed Mushroom and Summer Tomato Basil.



Five Brothers • One Passion

Sparkling Pineapple Cooler

Pour 1/2 c. **DOLE® Pineapple Juice** and 1/2 c. **sparkling water** over ice cubes in glass.

Caribe Pork Chops and Pineapple

Combine 1/2 c. orange juice, 1 Tbsp. vegetable oil, 1 Tbsp. chopped fresh cilantro or parsley, 1/4 tsp. chopped fresh ginger and 1 garlic clove, finely chopped, in shallow non-metallic dish.
• Add 1 can (20 oz.) **DOLE® Pineapple Slices,** drained and 6 pork chops; turn to coat. Cover; marinate 15 min.
• Grill pork chops and pineapple, brushing with marinade, 10 min. on each side or until pork is no longer pink in center and pineapple is browned. Discard remaining marinade.

Mandarin Chicken Salad

Drain 1 can (8 oz.) **DOLE® Pineapple Chunks,** reserve 1/4 c. juice. • Combine 3 c. cubed, cooked chicken, 1/2 c. **DOLE Seedless Raisins,** 1 can (11 oz.) **DOLE Mandarin Oranges,** drained, and pineapple in bowl.
• Stir 1 container (8 oz.) plain lowfat yogurt, reserved juice, 1/3 c. hoisin sauce, 1/2 tsp. each garlic powder and dry mustard, in small bowl.
• Spoon over chicken mixture; toss. Cover, chill. Add 2 **DOLE Bananas,** sliced before serving.
• Toss chicken mixture with 1 pkg. (1 lb.) **DOLE Classic Salad.**

The Tropical Fruit Pizza Pie is featured in the "Taste of the Islands" recipe video.

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A savory, make-ahead dish suitable for family dinners or spur-of-the-moment entertaining.

Our Daily Pasta

continued from page 216

MANICOTTI AND SHELLS WITH TURKEY AND LENTILS

This Northern Italian-style stuffed pasta can be prepared ahead as a tasty time saver.

- 8 manicotti or 12 to 15 jumbo shell pasta
- ½ lb. ground turkey
- 1 small onion, finely chopped
- 3 large plum (Roma) tomatoes, seeded and finely chopped
- 1 Tbsp. Italian seasoning, crushed
- ½ tsp. ground nutmeg
- ¼ tsp. pepper
- 1 cup cooked lentils* (see note, page 220) or canned lentils, rinsed and drained
- 15 oz. refrigerated light Alfredo sauce (about 2 cups)
- cup ricotta or cream-style cottage cheese
- ½ cup shredded reduced-fat mozzarella cheese (2 oz.)
- ¼ cup snipped fresh parsley
- ¼ cup grated Parmesan cheese

Cook pasta according to package directions. Meanwhile, for filling, in a large saucepan brown turkey and onion over medium-high heat. Add tomatoes, Italian seasoning, nutmeg, and pepper; reduce heat. Simmer for 5 minutes, stirring often. Stir in lentils. Remove from heat. Stir in ½ cup of the Alfredo sauce, ricotta, half of the mozzarella cheese, and parsley. Spoon ⅓ cup filling into each manicotti or about 2 tablespoons into each shell.

Arrange filled pastas in a lightly greased 2-quart rectangular baking dish. Bake, covered, in a 375° oven for 15 minutes.

Sprinkle remaining mozzarella and Parmesan over manicotti or shells. Bake about 10 minutes more or till cheese is golden brown.

continued on page 220


Discover the Taste of Island Cuisine
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Win One of 10 American Hawaii Cruises vacations for two from Dole. See the Dole display at participating supermarkets and enter today!
Taste the islands tonight! See recipes for these delicious dishes on opposite page.
Dole Classic Salad
Dole Raisins
Dole Pitted Dates
Dole Pineapple Juice
Dole Mandarin Oranges
Dole Tropical Fruit Salad
Dole Pineapple Slices
Dole Crushed Pineapple
Dole Pineapple Juice

If you want to say something special this Easter, serve CURE 81® ham. Because CURE 81® ham is slow-cured in natural juices and always tender. In fact, whether it's our honey glazed spiral-sliced ham or our boneless ham, each CURE 81® ham is individually inspected to guarantee its flavor and tenderness.





Our Daily Pasta

continued from page 218

Meanwhile, in a small saucepan heat remaining sauce. Spoon remaining sauce onto plates; serve 2 manicotti or 3 shells on each plate. Makes 4 or 5 main-dish servings.

Make-ahead directions: Fill pasta as directed; arrange in the baking dish. Pour remaining sauce over top. Seal, label, and freeze. (Freeze cheese mixture separately.) Before cooking, thaw overnight in refrigerator. Bake, covered, in a 350° oven for 55 minutes. Uncover; sprinkle with cheese mixture. Bake about 10 minutes more or till cheese is golden and the pasta is heated through.

Nutrition facts per manicotti: 327 cal., 14 g total fat (7 g sat. fat), 45 mg chol., 591 mg sodium, 34 g carb., 2 g fiber, and 17 g pro. Daily Values: 12% vit. A, 19% vit. C, 23% calcium, and 16% iron.

**Note:* To make 1 cup cooked lentils, sort through ⅓ cup dried lentils and remove any pebbles or discolored lentils and discard them. Rinse the sorted lentils and place in a medium saucepan. Add ⅔ cup water or chicken, beef, or vegetable broth. Bring to boiling; reduce heat. Cover and simmer about 15 minutes or till lentils are almost tender. Drain lentils and gently rinse under cool running water.

PRIMO PASTA

One of the easiest ways to make your pasta dishes taste their best is to cook the noodles till they are *al dente*. Al dente, meaning "to the tooth" in Italian, is a term for pasta that says it is cooked just enough to maintain a somewhat firm texture. This texture is also sometimes described as "chewy." The full, nutty flavor of the pasta comes through when it is cooked this way.

LASAGNA WITH ZUCCHINI AND WALNUTS

No-boil noodles streamline this vegetable lasagna, pictured on page 224.

- 2 medium zucchini
- 4 tsp. olive oil
- 2 large carrots, finely chopped
- 2 large onions, finely chopped
- 4 cloves garlic, minced
- 2 cups purchased marinara sauce
- 1 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- ⅛ tsp. pepper
- 1½ cups shredded mozzarella cheese (6 oz.)
- ½ cup grated Parmesan cheese
- 6 no-boil lasagna noodles* (see note, page 224)
- ½ cup chopped walnuts

Trim ends off zucchini. Thinly slice zucchini lengthwise. (You should have 9 slices total, about ⅛ inch thick.) Place in a single layer on a lightly greased baking sheet; brush



LINGUINE



TRICOLOR MACARONI



LONG ZITI OR BUCATINI

lightly with 1 teaspoon olive oil. Broil 3 to 4 inches from heat for 5 minutes or till crisp-tender, turning once. Let cool before handling.

In a large saucepan heat the remaining oil over medium-high heat. Add carrot, onion, and garlic. Cook and stir about 5 minutes or till tender. Add marinara sauce, basil, and pepper. Bring to boiling; reduce heat. Cover and simmer for 10 minutes, stirring occasionally. In a small mixing bowl toss together the mozzarella cheese and Parmesan cheese; set aside.

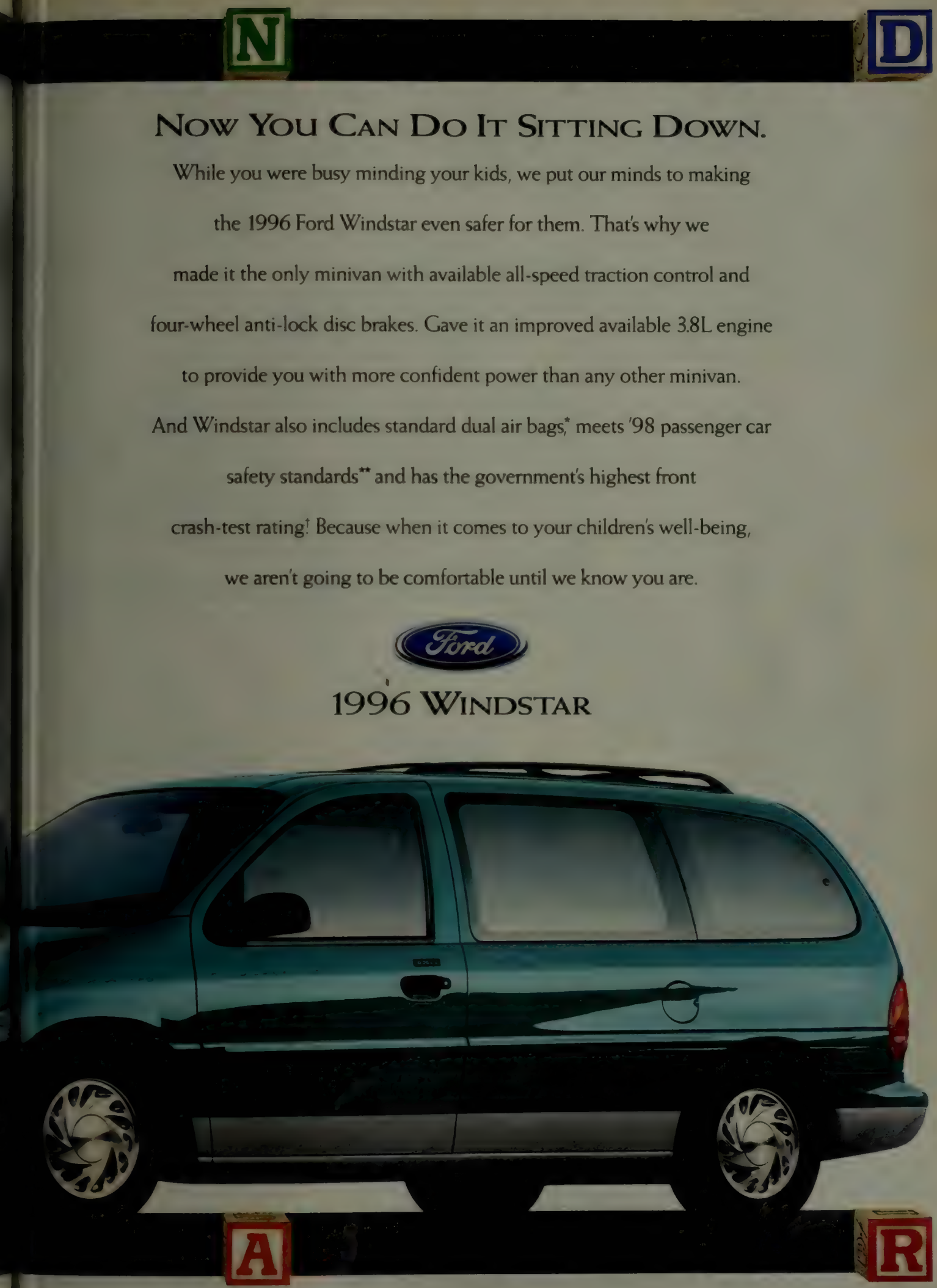
In a greased 2-quart square baking dish, arrange 2 noodles. Spread with a third of the sauce. Sprinkle with a third of the nuts. Top with a third of the zucchini; sprinkle with a third of the cheese mixture. Repeat layering, alternating direction of the zucchini in each layer and finishing with the zucchini; set remaining cheese aside.

Bake, covered, in a 375° oven for 20 minutes. Uncover and sprinkle

continued on page 224




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A
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Our Daily Pasta

continued from page 221

with remaining cheese mixture. Bake, uncovered, about 20 minutes more or till lasagna is heated through. Let stand for 15 minutes before serving for easier cutting. Makes 6 main-dish servings.

Make-ahead directions: Prepare as directed, but do not bake. Wrap, label, and freeze. Freeze cheese for topping separately. To serve, thaw in the refrigerator overnight. Bake, covered, in a 350° oven for 1 hour. Sprinkle with reserved cheese. Bake, uncovered, for 15 minutes more or till cheese is golden and lasagna is heated through. Let stand about 15 minutes before serving.

Nutrition facts per serving: 358 cal., 19 g total fat (6 g sat. fat), 23 mg chol., 839 mg sodium, 33 g carb., 3 g fiber, and 17 g pro. Daily Values: 100% vit. A, 28% vit. C, 29% calcium, and 12% iron.

**Note:* All brands of no-boil lasagna are not the same size; use enough to have 3 even, single layers.



Crunchy walnuts and zucchini replace the meat in this lasagna. Recipe begins on page 220.

SPAGHETTI WITH VEGETARIAN "SAUCE BOLOGNESE"

The cereal in the sauce gives a texture that is remarkably similar to ground meat. Serve it like regular spaghetti—with hot, crusty Italian bread.

- 8 oz. spaghetti
- 2 Tbsp. olive oil or cooking oil
- 1 medium carrot, finely chopped (about ½ cup)
- 1 stalk celery, thinly sliced (about ½ cup)
- 1 medium onion, finely chopped (½ cup)
- ½ tsp. dried oregano, crushed
- ¼ tsp. pepper
- 3 cloves garlic, minced
- ¾ cup Grape Nuts cereal
- 1 14½-oz. can Italian-style stewed tomatoes
- 1 8-oz. can tomato sauce
- ¼ to ½ cup water
- Grated Parmesan or Romano cheese (optional)
- Fresh oregano leaves (optional)

Cook pasta according to package directions. Meanwhile, in a medium saucepan heat 1 tablespoon olive oil over medium-high heat. Add carrot, celery, onion, dried oregano, and pepper; cook till onion is tender. Add garlic; cook for 1 minute more. Stir in cereal. Add undrained tomatoes, tomato sauce, and desired amount of water. Bring to boiling; reduce heat. Simmer, covered, for 5 to 10 minutes or till desired thickness.

Drain pasta; divide among 4 plates. Top with sauce. If desired, top with cheese; garnish with oregano. Makes 4 main-dish servings.

Make-ahead directions: Prepare sauce according to recipe; cool. Transfer to a freezer container; seal,

continued on page 226

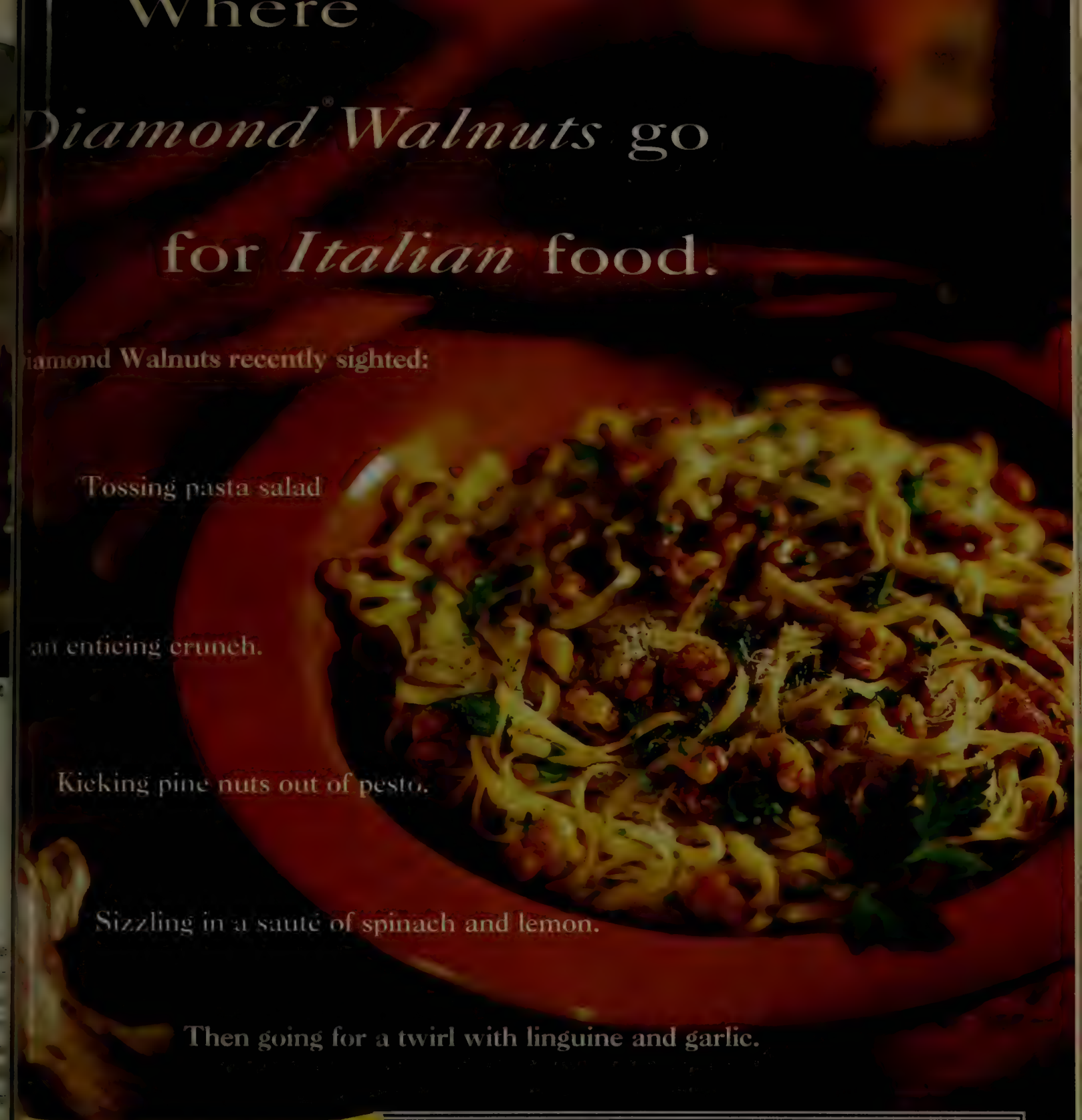
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Where *Diamond® Walnuts* go for *Italian* food.

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Kicking pine nuts out of pesto.

Sizzling in a sauté of spinach and lemon.

Then going for a twirl with linguine and garlic.

DIAMOND OF CALIFORNIA

Shelled Walnuts

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WALNUT & GARLIC LINGUINE

4-5 cloves garlic, minced
3/4 cup chopped Diamond Walnuts
1/4 cup chopped parsley
3 TBS olive oil
12 oz. linguine
1/2 tsp salt
2/3 cup grated Parmesan cheese
1/4 cup chopped fresh basil *or* 1 tsp dried basil

Heat olive oil, garlic and walnuts in large skillet over medium heat. Stir frequently until walnuts are lightly toasted; about 5 minutes. Remove from heat. Cook pasta; drain. Add hot pasta, parsley, salt, cheese, and basil to walnut mixture; toss and serve immediately. Makes 4 to 6 servings.

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Our Daily Pasta

continued from page 224

label, and freeze. Store frozen sauce for up to 2 months. To serve, transfer the frozen sauce to a heavy saucepan. Add 1 to 2 tablespoons *water.* Cover; cook over low heat 20 to 25 minutes or just till bubbly, stirring occasionally. Serve as directed.

Nutrition facts per serving: 416 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 907 mg sodium, 76 g carb., 3 g fiber, and 12 g pro. Daily Values: 87% vit. A, 32% vit. C, 8% calcium, and 24% iron.

RIGATONI WITH EGGPLANT AND DRIED TOMATO PESTO

Serve this rustic, country-style pasta warm with cheese as a main dish, or take it on a picnic as a cold pasta salad.

- 1 medium onion
- 2 Tbsp. olive oil
- 1 medium eggplant (about 1 lb.)
- 6 oz. rigatoni or other short pasta, such as penne or fusilli
- ⅓ recipe Dried Tomato Pesto (see recipe, page 228)
- ¼ tsp. freshly ground pepper
- 2 Tbsp. crumbled goat cheese or feta cheese (optional)
- Fresh Italian parsley (optional)

Cut onion into 8 wedges. Place in a 13x9x2-inch baking pan; brush with 1 tablespoon of the olive oil. Roast in a 425° oven for 10 minutes.



The meaty texture of this spaghetti sauce will surprise your family. Recipe begins on page 224.

Cut stem end off eggplant; discard. Cut eggplant in half lengthwise. Brush with remaining olive oil. Stir onion; place eggplant in pan, cut side down. Continue roasting for 15 minutes more or till onion is golden brown and eggplant is just tender.

Meanwhile, cook pasta according to package directions; drain well. Toss the cooked pasta with Dried Tomato Pesto and pepper.

Transfer pasta to a serving bowl; keep warm. Transfer eggplant to a cutting board; using a serrated knife, cut into ½-inch-thick slices. (Use a fork to steady eggplant as you slice.) Toss eggplant and onion with pasta; season to taste with salt. Top with cheese and Italian parsley, if desired. Makes 6 to 8 side-dish servings or 4 main-dish servings.

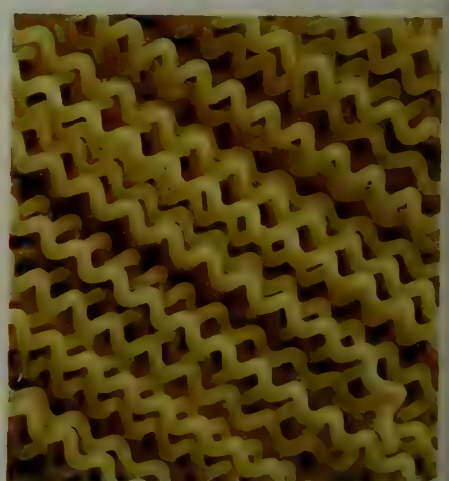
continued on page 228



SHELLS OR CONCHIGLIE



RIGATONI



LONG FUSILLI

Lovely spaghetti sauce you're wearing.





Don't risk it. Wisk® it.

Our Daily Pasta

continued from page 226

Nutrition facts per side-dish serving: 249 cal., 13 g total fat (2 g sat. fat), 0 mg chol., 75 mg sodium, 29 g carb., 2 g fiber, and 5 g pro. Daily Values: 0% vit. A, 11% vit. C, 1% calcium, and 10% iron.

DRIED TOMATO PESTO

Pesto can be made ahead of time and stored in the refrigerator for up to a month. Keep extra pesto on hand to toss with hot pasta for a quick side dish. To create new flavors, try using different herbs, such as parsley or cilantro.

- ¾ cup oil-packed dried tomatoes (about ¾ of a 7-oz. jar)
- Olive oil
- 8 cloves garlic, chopped
- ¼ cup pine nuts or slivered almonds
- ¼ cup snipped fresh basil or 1 Tbsp. dried basil, crushed
- ½ tsp. salt

Drain tomatoes, reserving oil. Add olive oil to equal ½ cup; set aside.

Combine the drained tomatoes, garlic, pine nuts, basil, and salt in a food processor bowl or blender container. Cover and process or blend till finely chopped. With machine running, gradually add the ½ cup oil, processing or blending till almost smooth and stopping to scrape down sides of processor bowl as needed. Divide pesto into thirds. Use a third for Rigatoni with Eggplant and refrigerate or freeze the remaining 2 portions. Makes approximately three ⅓-cup portions.

RINSING PASTA

It is not necessary to rinse pasta after cooking for dishes served hot. However, rinsing pasta keeps it from becoming gummy if used in salads.

Nutrition facts per tablespoon: 86 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 81 mg sodium, 2 g carb., 0 g fiber, 1 g pro. Daily Values: 0% vit. A, 9% vit. C, 0% calcium, 1% iron.

FETTUCCINE WITH SHRIMP, ARTICHOKES, AND RED CHILI PEPPERS

Use any long, flat pasta, such as fettuccine or tagliatelle for this recipe. A flavored pasta, such as saffron or cayenne, will complement the shrimp. If using plain pasta, add a pinch of saffron or ground red pepper to the water.

- 1¼ lb. fresh or frozen medium to large shrimp, peeled and deveined, with tails intact (if desired)
- 6 fresh baby artichokes or one 10-oz. pkg. frozen artichoke hearts, thawed
- ¾ tsp. finely shredded lemon peel





LITTLE BOW TIES OR FARFALLINI



MANICOTTI



LITTLE RINGS OR ANELLINI

2 Tbsp. lemon juice
8 oz. fettuccine or other long, flat noodle, such as tagliatelle, mafalda, or linguine
2 large shallots, peeled and finely chopped (⅓ cup)
½ cup chicken broth
2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
½ tsp. crushed red pepper
½ cup whipping cream
1 Tbsp. butter* (see note, page 231)
Lemon wedges (optional)

Thaw shrimp, if frozen. If using fresh artichokes, rinse well and trim stems. Remove the outer leaves; snip off sharp leaf tips about ¼ inch from top (see photo, page 231). Cut artichokes into quarters and dip into lemon juice to prevent browning. Cut frozen artichokes in half and set them aside. Cook pasta according to the package directions; drain and return to pan.

Meanwhile, in a large skillet combine artichokes, shallots, broth,

continued on page 231





WITH HIS WIFE SUDDENLY BUYING SO MUCH 100% PURE FLORIDA ORANGE JUICE, A SOURCE OF FOLIC ACID THAT CAN REDUCE THE RISK OF CERTAIN BIRTH DEFECTS DURING EARLY PREGNANCY, AND HER CRAVIN FOR PICKLES AND ANCHOVIES, FRED WONDERED IF THIS COULD POSSIBLY MEAN SOMETHING?

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ING ENOUGH?

EVEN MORE BENEFITS OF
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100% PURE FLORIDA ORANGE JUICE
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HIGH-FIBER DIETS RICH IN FRUITS
AND VEGETABLES CONTAINING
VITAMINS A AND C MAY REDUCE THE
RISK OF SOME TYPES OF CANCER.

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A MEMBER OF THE B-VITAMIN FAMILY
THAT REDUCES THE RISK OF
CERTAIN BIRTH DEFECTS WHEN
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AND DURING EARLY PREGNANCY.

100% PURE FLORIDA ORANGE JUICE
IS FAT FREE AND CHOLESTEROL FREE.
LOW-FAT, LOW-SODIUM DIETS
MAY REDUCE THE RISKS OF
HEART DISEASE AND HYPERTENSION.
NOW SEEMS AN APPROPRIATE TIME
TO ASK THE QUESTION ONCE AGAIN:
ARE YOU DRINKING ENOUGH?

FLORIDA ORANGE GROWERS

Our Daily Pasta

continued from page 229

thyme, red pepper, and ¼ teaspoon *salt*; heat to boiling. Reduce heat; simmer, covered, till artichokes are tender. Allow 8 to 10 minutes for fresh artichokes or 5 minutes for frozen artichokes. With a slotted spoon, remove artichokes and shallots, reserving liquid in skillet. Add shrimp to skillet and cook, uncovered, over medium heat for 2 to 3 minutes or till pink, stirring often.

With a slotted spoon, transfer shrimp to artichoke mixture, reserving liquid in skillet. Reduce any liquid left in skillet to about 1 tablespoon. Add cream; boil gently 2 to 3 minutes or till thickened, stirring constantly. Remove from heat; stir in butter and lemon peel till melted.

Stir shrimp-artichoke mixture into sauce; heat through. Pour the sauce over the pasta and toss gently. If serving shrimp with tails on, use cooking tongs to arrange them on plate. Serve with lemon wedges. Makes 4 main-dish servings.

Nutrition facts per serving: 486 cal., 16 g total fat (9 g sat. fat), 223 mg chol., 535 mg sodium, 55 g carb., 4 g fiber, and 30 g pro. Daily Values: 35% vit. A, 22% vit. C, 8% calcium, and 40% iron.

**Note:* The butter is used in this recipe to bind the sauce. Margarine might not be an effective substitute in making this pasta dish.



Remove tough outer green leaves from artichokes. Snip off about ¼ inch from the leaf tops. Trim stems and quarter artichokes lengthwise.

WIDE RIBBON NOODLES (PAPPARDELLE) WITH CHICKEN AND BABY LIMA BEANS

Broad ribbon noodles cradle the baby lima beans while generously holding the delicate tomato-cream sauce.

- 1 14½-oz. can Italian-style stewed tomatoes
- 8 oz. pappardelle, mafalda, fettuccine, or wide egg noodles
- 1 10-oz. pkg. frozen baby lima beans
- 2 Tbsp. olive oil
- 2 small skinless, boneless chicken breasts, cut into bite-size pieces
- 1 small onion, cut into wedges
- ¼ tsp. cracked black pepper
- ¼ cup chicken broth
- ½ cup whipping cream

continued on page 232



CAVATELLI



PENNE OR MOSTACCIOLI

What's Your Favorite *Better Homes and Gardens*® Recipe?

Next year *Better Homes and Gardens* magazine will celebrate the 75th anniversary of its first publication. Over the decades, it has been our pleasure to serve as a home cook's best friend, providing recipes that are reliable, creative, and above all, tasty.

In an upcoming anniversary issue, we plan to feature some of the time-honored recipes garnered from the pages of our magazine that readers like you have enjoyed the most. Please send us a copy of a favorite *Better Homes and Gardens* magazine recipe (or the recipe title and approximate date it was published), along with a line or two telling us what you love about it, on what occasions you serve it, and why you have cherished it over the years. We're excited to see the results, and we know you will be too.

Include your name, address, telephone number, and any other information you care to share about your love of cooking and what *Better Homes and Gardens* recipes have meant to you.

Mail your response by April 15, 1996, to *Better Homes and Gardens* Food Department, Attention: 75th Anniversary Recipes, 1716 Locust St., Des Moines, IA 50309-3023. All letters become the property of *Better Homes and Gardens* magazine.

continued from page 231

Snipped chives (optional)
Shredded Parmesan cheese (optional)

In a blender or food processor, puree tomatoes with their juice. Cook pasta according to package directions, adding lima beans to boiling water with pasta.

Meanwhile, in a large skillet heat oil over medium-high heat. Add chicken, onion, and pepper; cook for 2 to 4 minutes or till chicken is no longer pink. Reduce heat; stir in broth and tomato puree. Simmer till liquid is reduced by half, about 5 minutes. Stir in cream; simmer 2 to 3 minutes more or till sauce is of desired consistency. Drain pasta and beans; toss gently with the sauce. Top with the chives and Parmesan cheese, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: 683 cal., 21 g total fat (9 g sat. fat), 71 mg chol., 451 mg sodium, 90 g carb., 5 g fiber, and 34 g pro. Daily Values: 21% vit. A, 21% vit. C, 7% calcium, 47% iron.

ANGEL HAIR WITH ASPARAGUS, TOMATOES, AND FRESH BASIL

This light and elegant dish goes from the grocery bag to the table in about 20 minutes.

16 thin stalks fresh asparagus
1 Tbsp. olive oil
4 cloves garlic, thinly sliced or minced
6 medium plum (Roma) tomatoes, seeded and chopped (2¼ cups)
¼ cup dry white wine
¼ tsp. salt
1 Tbsp. butter* (see note, page 236)
1 9-oz. pkg. refrigerated angel hair pasta
¼ cup shredded fresh basil

Trim asparagus and rinse in cold water. Remove the tips; set aside.

continued on page 236



TRICOLOR ROTINI OR FUSILLI



ANGEL HAIR (NESTED) OR CAPELLINI



LASAGNA

LAS PALMAS®

The authentic flavor of a country rich in history and tradition.

REAL & EASY

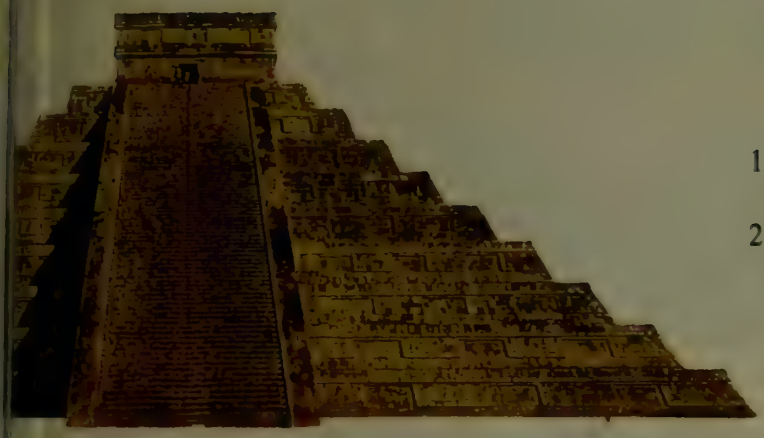
CHICKEN CHILE VERDE

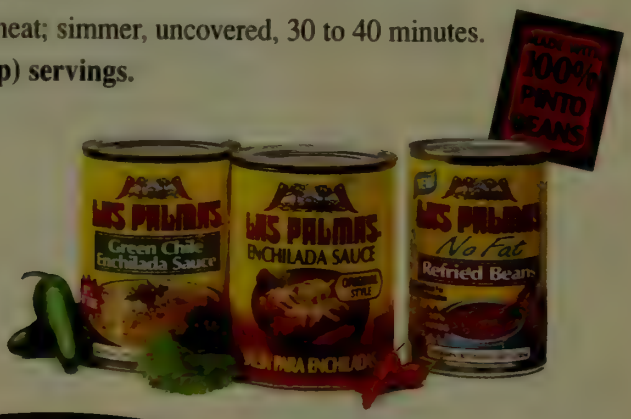
–Ready to eat in 1 hour–

- **3** cups cubed, cooked chicken
- **1** (28-oz.) can Las Palmas® Green Chile Enchilada Sauce
- **1** (15- or 19-oz.) can black beans, drained and rinsed
- **1-1/4** cups frozen corn
- **1** cup chopped onions
- **2** garlic cloves, minced
- **1** tablespoon chopped fresh cilantro

1. Combine all ingredients in Dutch oven or large saucepan; bring to a boil.
2. Reduce heat; simmer, uncovered, 30 to 40 minutes.

10 (1 cup) servings.







Maybe it isn't the Easter Bunny they're waiting for after

Long after they've outgrown the Easter Bunny, everyone still looks forward to the delicious Green Bean Casserole. It's a tradition that's easy to continue. Here's how:

Prep time: 5 min. Cook time: 35 min.

10 3/4 oz. can Campbell's® Condensed Cream of Mushroom Soup
3/4 C. milk
1/8 tsp. pepper
4 C. cooked, cut green beans
1 1/3 C. (2.8 oz. can) French's® French Fried Onions

In 1-1/2 qt. casserole, mix soup, milk and pepper. Stir in beans and **2/3 C.** French Fried Onions. Bake at 350°F. 30 min. until hot; stir. Top with **2/3 C.** onions. Bake 5 min. until onions are golden. Serves 6.





Our Daily Pasta

continued from page 232

Bias-slice remaining asparagus stalks into 1- to 1½-inch pieces and set them aside.

In a large skillet heat oil over medium heat. Add the garlic and ¼ teaspoon *pepper*; cook 1 minute, stirring constantly. Add tomatoes and cook about 2 minutes, stirring often.

HOW MUCH IS ENOUGH?

When preparing pasta, plan on about 1 ounce of dried pasta per serving for a side-dish portion. As a main-dish serving, 1½ to 2 ounces dry pasta (or 3 ounces fresh) provides a satisfying serving. A 4-ounce bundle of dried spaghetti is about the same diameter as a quarter.



STARS OR STELLINI

Add asparagus stalks, wine, and salt to mixture. Cook, uncovered, for 3 minutes. Add asparagus tips; cook, uncovered, for 1 minute more. Add butter; stir till melted.

Meanwhile, cook pasta according to package directions. Drain pasta. Return to pan and toss with asparagus mixture and basil. Makes 3 main-dish servings.



THIN SPAGHETTI OR VERMICELLI

Nutrition facts per serving: 484 cal., 11 g total fat (3 g sat. fat), 10 mg chol., 238 mg sodium, 81 g carb., 4 g fiber, and 15 g pro. Daily Values: 19% vit. A, 86% vit. C, 5% calcium, and 31% iron.

**Note:* The butter is used in this recipe to bind the sauce. Margarine might not be an effective substitute in making this pasta dish.

BOW TIES WITH SAUSAGE AND SWEET PEPPERS

For a lower-fat version, use Italian-style ground turkey sausage.

- 8 oz. bow tie pasta
- ¾ lb. fresh spicy Italian sausage links
- 2 medium red sweet peppers, cut into ¾-inch pieces
- ½ cup vegetable broth or beef broth
- ¼ tsp. coarsely ground black pepper
- ¼ cup snipped fresh Italian parsley

Cook the pasta according to package directions. Meanwhile, cut the sausage into 1-inch pieces. In a large skillet cook sausage and sweet peppers over medium-high heat till sausage is brown. Drain off fat.

Add the vegetable or beef broth and the black pepper. Bring to boiling; reduce heat and simmer, uncovered, for 5 minutes. Remove from heat. When the pasta is cooked, drain well. Toss pasta with sausage mixture and Italian parsley. Makes 4 main-dish servings.

Nutrition facts per serving: 397 cal., 18 g total fat (6 g sat. fat), 94 mg chol., 713 mg sodium, 38 g carb., 3 g fiber, and 24 g pro. Daily Values: 31% vit. A, 114% vit. C, 4% calcium, and 19% iron.

ORZO PASTA WITH MUSHROOMS AND LEEKS

You'll enjoy this simple side dish alongside grilled or roasted beef or chicken.

- ¾ cup orzo pasta
- 1 Tbsp. margarine or butter
- 4 oz. fresh assorted mushrooms, such as porcini, crimini, chanterelles, shiitakes, or white buttons, sliced or quartered (1½ cups)
- 1 leek or 2 large green onions, chopped (about ⅓ cup)
- ¼ tsp. pepper
- ⅛ tsp. salt
- 1 clove garlic, minced
- ¼ cup water
- ½ to 1 tsp. snipped fresh marjoram or ¼ tsp. dried marjoram, crushed
- ½ tsp. instant beef or chicken bouillon granules
- Grated Romano cheese (optional)

Cook orzo according to package directions; drain well. Meanwhile, in a large skillet heat margarine or butter over medium-high heat; stir in the mushrooms, leek or green onions, pepper, salt, and garlic. Cook, uncovered, for 5 minutes. Add water, marjoram, and bouillon granules. Reduce heat; cook till liquid is almost absorbed, about 6 minutes. Toss mushroom mixture with pasta. Sprinkle with Romano, if desired. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 167 cal., 4 g total fat (2 g sat. fat), 8 mg chol., 209 mg sodium, 29 g carb., 2 g fiber, 5 g pro. Daily Values: 2% vit. A, 4% vit. C, 1% calcium, 14% iron.

continued on page 238



LOW FAT



LIP SMACK

ONLY TWO GRAMS OF FAT. THREE DELICIOUS CHEWY FLAVORS.

Our Daily Pasta

continued from page 237

SERVE NOW OR LATER

Pasta that has been drained is still cooking inside. It should be used immediately or it may turn to mush. If the pasta needs to stand after it has been cooked, rinse it with cool water, drain, then toss with a little oil and set aside. Cooked pasta can be kept refrigerated for a day or two if it is sealed in an airtight container. Reheat the pasta in sauce or in a little clear broth before serving.

SOUP WITH MIXED PASTAS

With this recipe, you can make creative use of any extra pastas tucked away in your pantry. Break up longer pastas into small pieces.

- 4 cups reduced-sodium chicken broth
- 1 cup water
- 3 bay leaves
- 1 large onion, chopped
- 1 large carrot, chopped
- 4 cloves garlic, minced
- 1 tsp. olive oil or cooking oil
- 4 oz. skinless, boneless chicken breast, coarsely chopped
- 2 oz. various small pastas (such as shells, rotini, ditalini, alfabetini, fusilli, and/or broken spaghetti)
- Fresh sage leaves

In a large saucepan bring chicken broth and water to boiling. Add bay leaves, onion, carrot, and garlic. Reduce heat and simmer, uncovered, for 10 minutes.

In a medium skillet heat oil over medium-high heat. Add chicken; cook and stir about 3 minutes or till golden brown. Add chicken, pastas, and sage to soup; simmer, uncovered, for 8 to 10 minutes or till the larger pieces of pasta are cooked tender but slightly firm. Remove bay leaves before serving. Makes 3 main-dish or 6 side-dish servings.

IMAGINE THE POSSIBILITIES

You'll find almost any pasta shape or flavor you can imagine, such as garlic, artichoke, wine, or mushroom, at specialty stores or by mail order.



continued on page 240



IMPOSSIBLE LASAGNE PIE

Impossibly easy because it makes its own crust.

Heat oven to 400°. Prep time: 14 min. Bake time: 37 min.

- 1/2 cup creamed cottage cheese
- 1 lb ground beef
- 1 cup shredded mozzarella cheese
- 1/2 tsp salt
- 1/2 tsp dried oregano
- 1 can (6 oz) tomato paste

SPREAD cottage cheese in greased 9" pie plate. Cook ground beef; drain. Stir in 1/2 cup mozzarella cheese, salt, oregano and tomato paste; spoon over cottage cheese.

- 1 cup milk
- 2 eggs
- 1/2 cup Bisquick® baking mix

STIR milk, eggs and baking mix with fork until blended. Pour into plate. BAKE 30 to 35 min or until knife inserted in center comes out clean. Sprinkle with remaining cheese. Bake 1 to 2 min or until melted. 8 servings.



If it takes the impossible to please your family, here's the recipe.

Our Daily Pasta

continued from page 238

Nutrition facts per main-dish serving: 220 cal., 6 g total fat (1 g sat. fat), 20 mg chol., 896 mg sodium, 28 g carb., 2 g fiber, 14 g pro. Daily Values: 79% vit. A, 8% vit. C, 3% calcium, and 11% iron.

CRAB AND PASTA CAKES WITH CILANTRO-LIME MAYONNAISE

These delicate crab cakes show off a different use for pasta, putting an Adriatic twist on an Atlantic seaboard favorite.

- 8 oz. lump fresh crabmeat, flaked, or crab-flavored salad-style fish, finely chopped
- 1 cup cooked spaghetti or linguine
- 2 beaten eggs
- 3 green onions, finely chopped
- ¼ cup fine dry bread crumbs
- 2 Tbsp. snipped fresh cilantro
- 2 serrano peppers, finely chopped, or 2 Tbsp. chopped green sweet pepper
- 2 tsp. olive oil or cooking oil
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. cooking oil
- 1 recipe Cilantro-Lime Mayonnaise (see recipe right)
- Lime and/or lemon wedges (optional)
- Chive blossoms (optional)

Clean the crabmeat carefully, removing any shell or cartilage pieces and discarding them. Cut the cooked spaghetti or linguine into 1-inch pieces. Set aside.

In a large mixing bowl combine the eggs, green onion, bread crumbs, cilantro, serrano or green sweet pepper, olive oil, salt, and pepper. Add crabmeat; mix well. Using abou[t] tablespoons of mixture for each cra[b] cake, shape into 12 patties, about ½ inch thick.



ORZO OR ROSAMARINA



THIMBLES OR DITALINI



TWISTS OR GEMELLI



MAFALDA OR RIDGED PAPPARDELLE

In a large heavy skillet heat the 2 tablespoons cooking oil (add a little more oil if necessary during cooking). Over medium heat, cook the patties, a few at a time, about 3 minutes on each side or till golden brown. Drain on paper towels. Keep in a warm oven, covered, while preparing remaining cakes. Serve the crab cakes warm with the Cilantro-Lime Mayonnaise and lime and/or lemon wedges. Use fresh chive blossoms for garnish, if desired. Makes 12 crab cakes.

Cilantro-Lime Mayonnaise: Mix ¼ cup light mayonnaise or salad dressing, 1 tablespoon finely snipped cilantro, ½ teaspoon finely shredded lime peel, and 1 tablespoon fresh lime juice. Cover and chill till serving time. Makes ½ cup.

Nutrition facts per 2 cakes with 2 teaspoons Cilantro-Lime Mayonnaise: 203 cal., 12 g total fat (2 g sat. fat), 109 mg chol., 497 mg sodium, 12 g carb., 1 g fiber, and 11 g pro. Daily Values: 4% vit. A, 16% vit. C, 4% calcium, and 6% iron.

MIXED PASTAS WITH FRESH HERBS

Use this simple recipe to showcase interesting pasta shapes. We used trenne (tren-NAY) and red-pepper quadrelle (kwah-DRELL-e). Try shapes that have similar cooking times so you can cook them together.

- 8 oz. assorted pastas
- 2 Tbsp. walnut or olive oil
- 2 Tbsp. coarsely snipped mixed fresh herbs (such as sage, rosemary, and basil)
- ¼ tsp. salt
- ¼ tsp. coarsely ground pepper

Cook pasta according to package directions; drain. Toss hot pasta with oil, herbs, salt, and pepper. Makes 8 side-dish servings.

Nutrition facts per serving: 170 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 67 mg sodium, 22 g carb., 0 g fiber, 4 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 7% iron.

continued on page 242



When you melt this quickly, who needs a microwave?

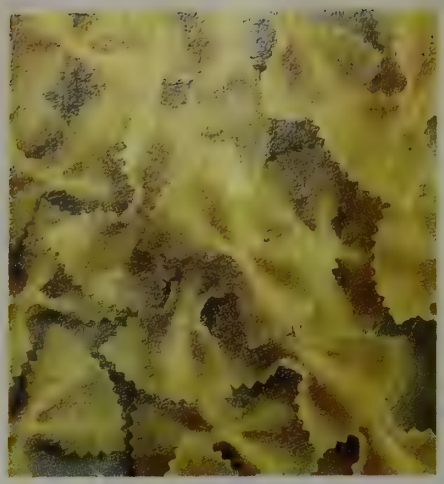
Cheesy Rice & Broccoli 1. Boil 10 oz. frozen broccoli in 1 cup of water. 2. Add 1½ cups uncooked MINUTE Rice; cover. Let stand 5 minutes. 3. Stir in 8 oz. VELVEETA (cut up) until melted. Eat.



Cooks Better



FETTUCCINE



LARGE BOW TIES OR FARFALLE (BUTTERFLIES)



LINGUINE

Our Daily Pasta

continued from page 240

PENNE SALAD WITH ITALIAN GREEN BEANS AND GORGONZOLA

This salad is at its best with crisp, fresh beans and radicchio. Add grilled lamb or chicken for a more filling salad.

- 6 oz. penne, ziti, elbow macaroni, or other short pasta
- 8 oz. fresh Italian green beans, trimmed and bias-sliced into 1-inch pieces or one 9-oz. pkg. frozen Italian green beans, thawed
- ⅓ cup nonfat Italian salad dressing
- 1 Tbsp. snipped fresh tarragon or ½ tsp. dried tarragon, crushed
- ½ tsp. freshly ground pepper
- 2 cups torn radicchio or 1 cup finely shredded red cabbage
- 4 cups fresh sorrel or spinach leaves, cleaned, trimmed and shredded, if desired
- ½ cup crumbled Gorgonzola or other blue cheese (2 oz.)

Cook pasta according to package directions, adding fresh green beans to pasta the last 5 to 7 minutes of cooking. (Or, add frozen and thawed beans the last 3 to 4 minutes.) Rinse pasta and beans well under cold running water; drain thoroughly.

In a large mixing bowl combine Italian dressing, tarragon, and pepper. Add pasta, beans, and radicchio or cabbage; toss gently to coat. Serve on a bed of shredded sorrel or spinach and top with the Gorgonzola cheese. Makes 8 cups (8 side-dish servings).

Nutrition facts per serving: 130 cal., 3 g total fat (1 g sat. fat), 5 mg chol., 264 mg sodium, 21 g carb., 2 g fiber, and 6 g pro. Daily Values: 22% vit. A, 19% vit. C, 7% calcium, and 13% iron.

USING FRESH PASTA

Fresh refrigerated pastas are increasingly available in supermarket deli cases. Fresh pastas go better with lighter sauces that don't cover their subtle flavors, such as wine- or broth-based sauces. Use dried pastas for heavier sauces, such as cream-, meat-, or tomato-based sauces.

Fresh pastas are prepared differently than dried pastas, containing more moisture. They need only a minute or two to cook, (unlike dried pastas, which take about ten minutes). Once cooked and drained, fresh pasta must be tossed with oil or sauce, then served immediately.



EGG FETTUCCINE



JUMBO SHELLS



WAGON WHEELS OR ROTELLI

JOYS OF JELL-O® BRAND

A New Twist On Easter



Luscious Lemon Poke Cake

Prep Time: 30 minutes
Refrigerating Time: 4 hours



2 baked 9-inch round white cake layers, cooled
2 cups boiling water
1 pkg. (8-serving size) or 2 pkgs. (4-serving size) JELL-O® Brand Lemon Flavor Gelatin Dessert
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed

PLACE cake layers, top sides up, in 2 clean 9-inch round cake pans. Pierce cake with large fork at 1/2" intervals.

STIR boiling water into gelatin in medium bowl at least 2 minutes until completely dissolved. Carefully pour 1 cup of the gelatin over 1 cake layer. Pour remaining gelatin over second cake layer. Refrigerate 3 hours.

DIP 1 cake pan in warm water 10 seconds; unmold onto serving plate. Spread with about 1 cup of the whipped topping. Unmold second cake layer; carefully place on first cake layer. Frost top and sides of cake with remaining whipped topping.

REFRIGERATE at least 1 hour or until ready to serve. Decorate as desired. Store leftover cake in refrigerator. Makes 12 servings.

by David Feder

Portobellissimo!

Intriguing giants of the mushroom world, Portobellos are popping up everywhere like, well, mushrooms. Watch for them on a dinner plate near you.



Lately, these dessert-plate-sized mushrooms have been seen muscling in on the more familiar button mushrooms at supermarkets nationwide. If you've been curious about whether their taste lives up to their size, be assured in this case bigger is better. These meaty monsters are frequently grilled, and for an excellent reason: Grilling brings out their rich, steak-like flavor and texture.

Thankfully, Portobellos are also getting cheaper. As their popularity has escalated, their asking price has come down. They are still more expensive than their siblings, the button mushroom and the brown crimini, but now they have become an affordable treat guaranteed to impress. Choose specimens that are firm, with dry gills, and no soft spots on the cap. Refrigerate them as you would button mushrooms, unwashed and in paper bags or with a paper towel in a porous plastic bag. They'll keep this way for several days to a week.

For classic grilled Portobellos, simply cut off the stem, gently brush off any crumbs of the porous material in which they grew, and rub them gently with olive oil, softened butter, or margarine. To highlight their earthy flavor, add salt, freshly ground pepper, and a little dried thyme. Grill over medium heat for 2 or 3 minutes per side or till just tender. Serve with other grilled vegetables or as a side-dish deluxe to accompany grilled meats. To stop the show at a party, you can remove the stems and bake them, topped with a little tomato sauce, oregano, and cheese, as Portobello "pizzas". Bake on a nonstick baking sheet in a 350° oven for 10 to 15 minutes or till cheese bubbles.

In recipes, use Portobellos wherever you would any other mushroom. To showcase Portobellos in salads, on sandwiches, and in pastas, slice them in thick strips and cook in olive oil or butter with minced garlic, just a shake of salt, and freshly ground pepper.

This Easter White Chocolate tops Devil's Food th heavenly results.



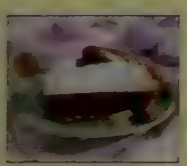
Double Chocolate Pudding Pie

Prep Time: 10 minutes
Refrigerating Time: 4 hours



1 1/2 cups cold skim milk, divided
1 pkg. (4-serving size) JELL-O® Devil's Food Flavor Fat Free Instant Pudding & Pie Filling
1 tub (8 oz.) COOL WHIP® LITE or COOL WHIP® Whipped Topping, thawed, divided
1 (6 oz.) KEEBLER® Reduced Fat READY-CRUST™ Graham Cracker Pie Crust or KEEBLER® READY-CRUST™ Graham Cracker Pie Crust
1 pkg. (4-serving size) JELL-O® White Chocolate Flavor Fat Free Instant Pudding & Pie Filling





POUR 3/4 cup of the cold milk into medium bowl. Add devil's food flavor pudding mix. Beat with wire whisk 1 minute. (Mixture will be thick.) Gently stir in 1/2 of the whipped topping. Spoon evenly into crust.

POUR remaining 3/4 cup cold milk into another medium bowl. Add white chocolate flavor pudding mix. Beat with wire whisk 1 minute. (Mixture will be thick.) Gently stir in remaining whipped topping. Spread over pudding layer in crust.

REFRIGERATE 4 hours or until set. Garnish, if desired. Store leftover pie in refrigerator. Makes 8 servings.



Per serving (using COOL WHIP® LITE and KEEBLER Reduced Fat READY-CRUST™ Graham Cracker Pie Crust): 270 calories, 7g fat.

nutrition information

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

NUTRITION FACTS WITH EVERY RECIPE

With each recipe, we give important nutrition facts. You'll find the calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein. You can also check the levels of each recipe serving for vitamins A and C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration.

HOW WE ANALYZE

- The analysis does not include optional ingredients.
- We use the first serving size listed when a range is given (such as "makes 4 to 6 servings").
- When ingredient choices appear in a recipe (such as "margarine or butter"), we use the first one mentioned for analysis.
- When milk is an ingredient in a recipe, the analysis is calculated using two-percent milk.

WHAT YOU NEED

The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive to eat each day. There's no real harm in going over or under these guidelines in any single day, but it's a good idea to aim for a balanced diet over time.

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

the clever cook™



Each month in this column you'll find tips from other good cooks. See page 249 to find out how you can earn money for sharing your smart cooking secrets.

TIMELY ADVICE

When using a recipe that calls for a time-consuming step, such as marinating or chilling overnight, highlight that step on the recipe page with a colored marker. This way, you can tell at a glance if a recipe needs extra time and can plan accordingly.

Lenore Felpel, East Killingly, Conn.

ZIPPY LABEL RIPPING

I keep a seam ripper handy in the kitchen for removing labels from cans before recycling them.

Judy Schierland, Poy Sippi, Wis.

A BUTTER IDEA

During summer, I pick fresh herbs and make batches of herbed butter in butter molds. After freezing, I pop the butter shapes out of the molds and wrap them in freezer wrap, freeing the molds for more butter. It's a great way to bring garden freshness to the table during winter months.

Helene Rains Graber, Wichita, Kan.

CLEVER CLAM

Don't clam up on that delicious recipe just because it calls for fish stock. Substitute bottled clam juice from your supermarket. It's quick, convenient, and works just like stock.

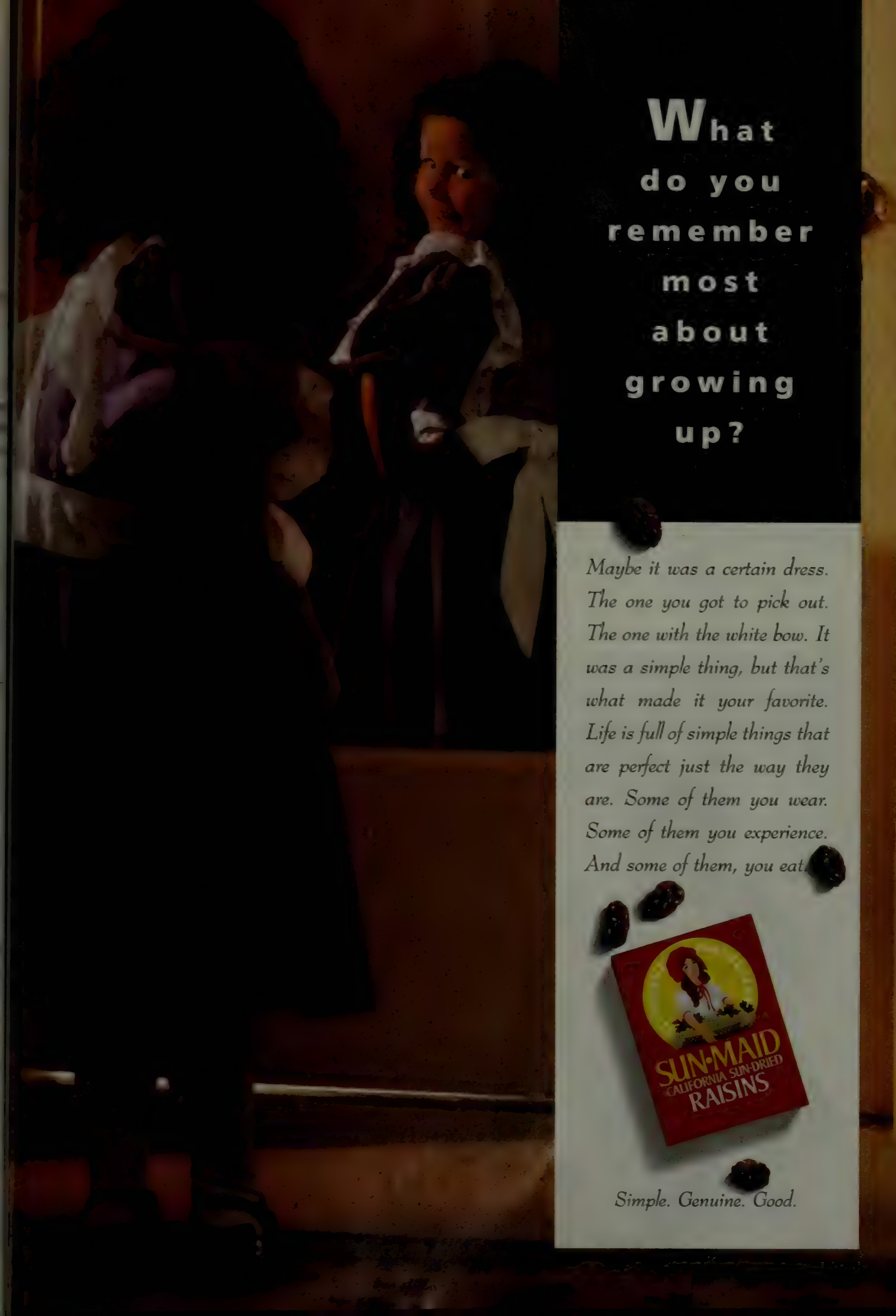
Susan Brown, Northglenn, Colo.

EASY-FILL TACOS

To make tacos easier to fill, turn a muffin pan over and put the shells between the slots. They fill up faster and there is less mess.

Laurie Guasti, Truth or Consequences, N.M.

continued on page 248



What do you remember most about growing up?

Maybe it was a certain dress. The one you got to pick out. The one with the white bow. It was a simple thing, but that's what made it your favorite. Life is full of simple things that are perfect just the way they are. Some of them you wear. Some of them you experience. And some of them, you eat.

Simple. Genuine. Good.

Clever Cook

continued from page 246

PUTTING THE STRAW IN STRAWBERRIES

To remove the stem from strawberries, take a plastic drinking straw (large bore) and push it into the bottom of the berry. Push it into the tip through to the stem, so the stem and core come away clean.

Gretchen Bubnik,
Thiensville, Wis.

SALAD SQUEEZER

Adding dressing to a brown-bag salad in the morning can result in soggy greens by lunchtime. Avoid this by using a small, resealable plastic bag for dressing. At lunch, snip a small hole in the bottom corner and squeeze the dressing onto your salad.

Kerri Allred,
Orangeville, Utah

SHAPING FOOD WITH COOKIE CUTTERS

I use large cookie cutters to make individual shaped pizzas for kids. Cut refrigerated can-type pizza dough with the cookie cutter and let the kids create their own pizzas. I also use my metal cookie cutters to make shaped eggs. Just pour the beaten eggs into the cookie cutter on a heated skillet. Children really go for eggs cooked this way.

Cheryl Thompson,
Sacramento, Calif.

USING MEAT TENDERIZER TO SHAPE COOKIES

When baking plain sugar or peanut butter cookies, I drop rounds of dough onto a cookie sheet, then shape and flatten with a meat tenderizer. Sprinkle with colored sugar before baking, if you like.

Barb Furst,
York, Neb.

COOKBOOK FOR KIDS

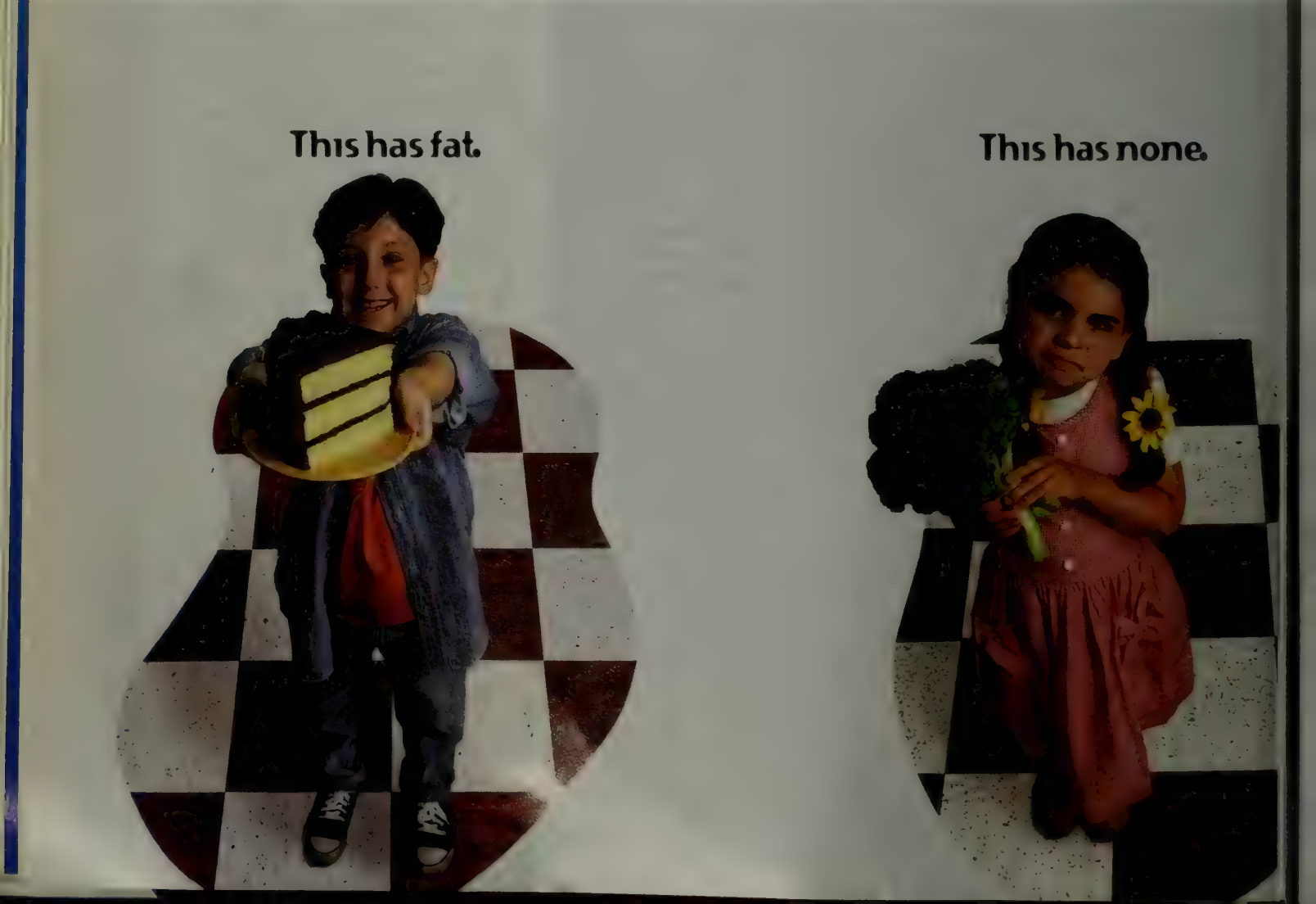
When children show an interest in cooking, create a cookbook just for them, using favorite recipes that fit their abilities. Use a blank book or notebook and decorate with pictures from magazines. Include personal notes about origins of the recipes. In addition to passing on your culinary knowledge, you will be creating a family heirloom.

Clare Hafferman,
Kalispell, Mont.

USE ADDRESS BOOK FOR GUEST INFORMATION LOG

I use an address book to keep the names of guests, the dinner date, and what I served them. This is a good place to record special dietary restrictions or food preferences, and it keeps you from serving the same thing twice.

Linda Stark,
Grand Rapids, Mich.



NO-MESS MANICOTTI

Instead of spooning manicotti filling into each manicotti shell, I use a heavy plastic 12-inch decorating bag (such as the kind used for cake and pastry decorating). Put the filling into the bag and squeeze just enough into each shell. You can fill the shells in half the time, have greater control over the serving size, and make less mess in the process.

Trudi A. McDaniel,
Cape Coral, Fla.

BAKING PIZZA IN A CAST-IRON FRYING PAN

To make a homemade pizza crust that tastes and looks more like take-out pizza from a pizza parlor, roll out the pizza crust in a well-tempered cast-iron skillet and bake the pizza right in the pan.

Nadine Cameron,
Wilmot, S.D.

STORING A VARIETY OF TYPES OF BEANS TOGETHER

Go through the dry bean section at your supermarket and buy about six or eight kinds of dried legumes, such as navy, kidney, black, pinto, or garbanzo beans with similar cooking times. Mix and store them in a large, clear-plastic airtight canister. (Or, cook and keep on hand in the freezer.) A cup or two of cooked beans, with other ingredients, makes a great soup, stew, or baked bean casserole.

Mrs. Gale Corona,
Milwaukee, Wis.

PANCAKE MIX FIX-UPS

When making pancakes from a mix, add whole bran cereal and a handful of raisins to boost the fiber and vitamins and to punch up the flavor. You may need a few more drops of water to bring the batter to the right consistency. Once you have poured the batter into the pan, make a design or spell a name on the uncooked side with a few squirts of maple-flavored syrup. When you flip the pancake, the syrup will cook up darker and show the design.

Rae Zamora,
Oakland, Calif.

ARE YOU A *CLEVER COOK?*

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. This month, we are looking for original, clever ideas that relate to holiday cooking. We will pay $25 for each published tip. Send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

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FOOD

The Cream Cheese Choice

Once upon a time, a toasted bagel made no demands. You simply reached for cream cheese. Now, buying cream cheese is almost like buying a car, with a lot of options available—more or less fat, firm or soft texture, flavored or plain? It's enough to make the most dedicated cream cheese loyalist waver. To help you choose, the Better Homes and Gardens Test Kitchen put cream cheese through its paces. A few rounds of cheesecake later, we came up with the following guidelines.

BAKE WITH THE BRICK

For an all-purpose cream cheese, stash away a brick of regular, Neufchâtel, or fat-free cream cheese. With easy-to-measure cutting marks on the package, brick-style cream cheese is designed for cooking. Use any of the three varieties in recipes for cheesecakes, dips, sauces, breads, and other desserts. Side by side, you might notice slight differences among the options. But if you want to cut fat, you'll be happy with the lower-fat choices. Brick-style cream cheese also works as a spread. Just let it stand a few minutes at room temperature to soften.

Regular: Made with whole milk, cream, and cheese culture, this product is the familiar rich, smooth, original cream cheese. You can also buy regular brick cheese with chives, perfect for topping baked potatoes or using in appetizer cheesecakes.

Nutrition facts per ounce plain: 100 cal., 10 g fat (6 g sat. fat), 30 mg chol.

Neufchâtel (⅓ less fat): This product is made with the same ingredients as regular cheese, only with different amounts to lower the fat, calories, and cholesterol by a third.

Nutrition facts per ounce: 70 cal., 6 g fat (4 g sat. fat), 20 mg chol.

Fat-Free: Skim milk and sugar replace whole milk and cream. Fat-free cream cheese has a firmer texture and shinier surface than the other brick-style cheeses. As a spread, it lacks tang. Top it with jam or fruit for extra flavor.

Nutrition facts per ounce: 25 cal., 0 g fat (0 g sat. fat), less than 5 mg chol.

RUB-A-DUB WITH THE TUB

For cream cheese in a convenient container to top bagels, the tub is your best choice. Even straight from the refrigerator, tub-style cream cheeses are soft enough to spread without tearing the bread. They also produce softer results in recipes, so should not be used for cooking.

Regular: With the same ingredients as brick-style cheese, this has the familiar flavor. It just spreads a little easier. Soft-style regular cream cheese comes in several flavors.

Nutrition facts per 2 tablespoons plain: 100 cal., 10 g fat (7 g sat. fat), 30 mg chol.

Light: This soft and creamy cheese is made with milk, skim milk, cream, and sometimes gelatin. A little lighter textured than regular cream cheese, this version still has a tangy, satisfying flavor.

Nutrition facts per 2 tablespoons plain: 70 cal., 5 g fat (3 g sat. fat), 15 mg chol.

Fat-Free: Skim milk replaces almost all of the cream. Because of thickeners, tub-style fat-free cream cheese seems firmer and shinier than the other tub-style cheeses. Like its fat-free brick-style counterpart, this spread lacks the tang and creamy texture of regular cream cheese. Serve it with a little jam to boost the flavor or try the flavored varieties.

Nutrition facts per 2 tablespoons plain: 30 cal., 0 g fat (0 g sat. fat), less than 5 mg chol.

MAKE EASTER DESSERT QUICK AS A BUNNY



BUNNY PATCH DESSERT

Preparation time: 15 minutes Refrigerating time: 1 hour

1 package (10.75 oz.) **SARA LEE** Pound Cake, frozen, cut into 10 slices

1 can (21 oz.) **COMSTOCK, THANK YOU,** or **WILDERNESS** Pie Filling, any flavor

1 tub (12 oz.) **COOL WHIP** Whipped Topping, thawed

1 cup **BAKER'S ANGEL FLAKE** Coconut (optional)
Green food coloring (optional)

LINE bottom of 12 x 8-inch baking dish with cake slices.

TOP with pie filling and all of the whipped topping.

REFRIGERATE 1 hour or until ready to serve. Tint coconut pale green with food coloring. Sprinkle over center of whipped topping. Decorate with Easter candies and decorations like Marshmallow Bunnies and jelly beans. Makes 15 servings.







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Shake.

Chunky Gazpacho Salsa: For salsa, in a blender container or food processor bowl combine 1 cut-up medium tomato, 1 sliced green onion, 1 tablespoon water, 2 teaspoons lemon juice, ½ teaspoon sugar, ¼ teaspoon salt, and a dash bottled hot pepper sauce. Cover and blend or process till the mixture is nearly smooth. Stir in ⅓ cup finely chopped cucumber, ⅓ cup finely chopped green pepper, and ⅓ cup finely chopped celery. Set aside.

For tortilla chips, cut three 8-inch flour tortillas into 8 wedges each. Arrange the tortilla wedges in a single layer on an ungreased baking sheet. Bake in a 350° oven for 8 to 10 minutes or till dry and crisp. Serve tortilla chips with salsa.

Nutrition facts: Colorful vegetables spell lots of vitamins A and C. Tortillas promise B vitamins.

Corn-Patch Packages: Wrap a stack of six 8-inch flour tortillas in heavy foil. Heat in a 350° oven about 10 minutes or till tortillas are soft. Cook a 10-ounce package frozen whole kernel corn according to the package directions; drain. Stir in ⅓ cup process cheese sauce and ¼ cup salsa; heat through. Spoon the corn mixture onto the centers of the tortillas; fold in sides and roll up to make packages.

Nutrition facts: Enough protein for a meal, plus iron and carbohydrates.

FOOD

Just-for-Kids Vegetables

Kids think they know all the tricks to avoid eating their vegetables—but you can outfox them with these whimsical ideas.

If your kids are feeding peas to Fido on the sly, be ready with a few stunts of your own. These fun-to-fix vegetable ideas will charm your kids into asking for seconds, instead of hiding their firsts.

Cool-as-a-Cucumber Dip: Stir together ½ of a 1-ounce package ranch salad dressing mix (milk recipe), ½ cup milk, ½ cup nonfat mayonnaise dressing, ¼ cup chopped cucumber, and ¼ teaspoon dried dillweed. Serve with cut-up carrrot, zucchini, sweet peppers, broccoli, or cauliflower.

Nutrition facts: Each spoonful has only 13 calories.

Bake.

There.



Vegetable Garden Bread: Take a slice of whole wheat bread and spread with cream cheese with chives and onion. Finely chop some fresh vegetables, such as carrots, broccoli, green pepper, celery, spinach, radish, and cauliflower. Sprinkle a spoonful or two of the vegetables onto the cream cheese. To make a sandwich, top with another slice of whole wheat bread spread with some cream cheese.

Nutrition facts: With carrots, one slice provides a punch of vitamin A.

Super Spud Crisps: Scrub 2 unpeeled small baking potatoes. Using a sharp paring knife, thinly slice. (You should have about 1½ cups sliced potatoes.) On a well-greased 15x10x1-inch baking pan arrange potato slices in a single layer. In a small custard cup micro-cook a spoonful of margarine or butter on high power for 15 to 30 seconds or till melted. Brush the melted margarine or butter onto the potato slices. Combine ¼ cup grated Parmesan cheese and a dash pepper; sprinkle onto potato slices. Bake, uncovered, in a 450° oven for 8 minutes. Turn potato slices and bake for 8 to 10 minutes more or till the edges are brown and crisp. Serve warm on a plate with catsup.

Nutrition facts: Potatoes are a good source of vitamin C and calcium. They also offer enough protein for a satisfying mini-meal.

Bumpy Stumps and Toadstools: Cook one 16-ounce package loose-pack frozen vegetables (cauliflower, broccoli, and carrots) and 1 cup halved fresh mushrooms according to the vegetable package directions; drain. For sauce, stir together half of a 10¾-ounce can condensed cheddar cheese soup and ⅓ to ½ cup salsa. Cook and stir till smooth and heated through. Serve over vegetables.

Nutrition facts: Plan on 90 calories per serving, plus vitamins A and C.

Stars and Stripes Forever: Using a star-shaped hors d'oeuvre cutter, cut 2 small sweet red, yellow, and/or green sweet peppers into stars. (Save the pepper trimmings for another recipe.) Drain an 8-ounce can sliced bamboo shoots; slice lengthwise into thin strips. Cook peppers, covered, in a small amount of boiling salted water about 2 minutes or till crisp-tender. Drain. Stir in bamboo shoots and ¼ cup bottled sweet-and-sour sauce; heat through.

Nutrition facts: High in vitamins A and C, with no fat.

Mock Spaghetti: Halve spaghetti squash lengthwise; scoop out seeds. Place halves, cut side down, in a baking dish. Bake in a 350° oven for 30 to 40 minutes or till tender. Using two forks, remove stringy pulp from squash. Top with your favorite spaghetti sauce.

Nutrition facts: Low in calories, high in vitamin C.

You just made dinner.



by Carla Waldemar

Grilled Lamb Made Easy



Mary had a leg of lamb—well, maybe once or twice a year for Sunday dinner. Many of us love lamb as much as Mary did, yet reserve it as a special treat. But these days a lean and tasty leg of lamb is easier than ever to prepare. The new, smaller boneless roasts often come already seasoned.

The convenient mini roast allows you to trot out lamb any time you're looking for a way to shepherd new flavors to your table. The meat is tender and delicately flavored because USDA regulations require that lamb in your supermarket come from an animal less than one year old. It's leaner than ever, too, and delivers important nutrients.

The roast is safe to store in your refrigerator for 1 or 2 days in vacuum wrapping or a butcher-wrapped package, or up to 4 days loosely covered with plastic wrap or foil. Once cooked, your luscious lode of leftovers can be saved 3 or 4 days if wrapped and refrigerated within an hour of cooking. Store it in the freezer for 6 to 9 months wrapped in freezer wrap, foil, or plastic freezer bags. Thaw in the wrapping in the refrigerator or in the microwave oven on the low or defrost setting.

GRILLED ROSEMARY LAMB

- ⅓ cup dry red wine
- ⅓ cup lemon juice
- ⅓ cup cooking oil
- ¼ cup Dijon-style mustard
- 3 Tbsp. snipped fresh rosemary or 2 tsp. dried rosemary, crushed
- 4 cloves garlic, minced
- ½ tsp. salt
- ½ tsp. pepper
- 1 3- to 4-lb. boneless lamb leg roast or portion, tied

For marinade, combine wine, lemon juice, oil, mustard, rosemary, garlic, salt, and pepper; mix well.

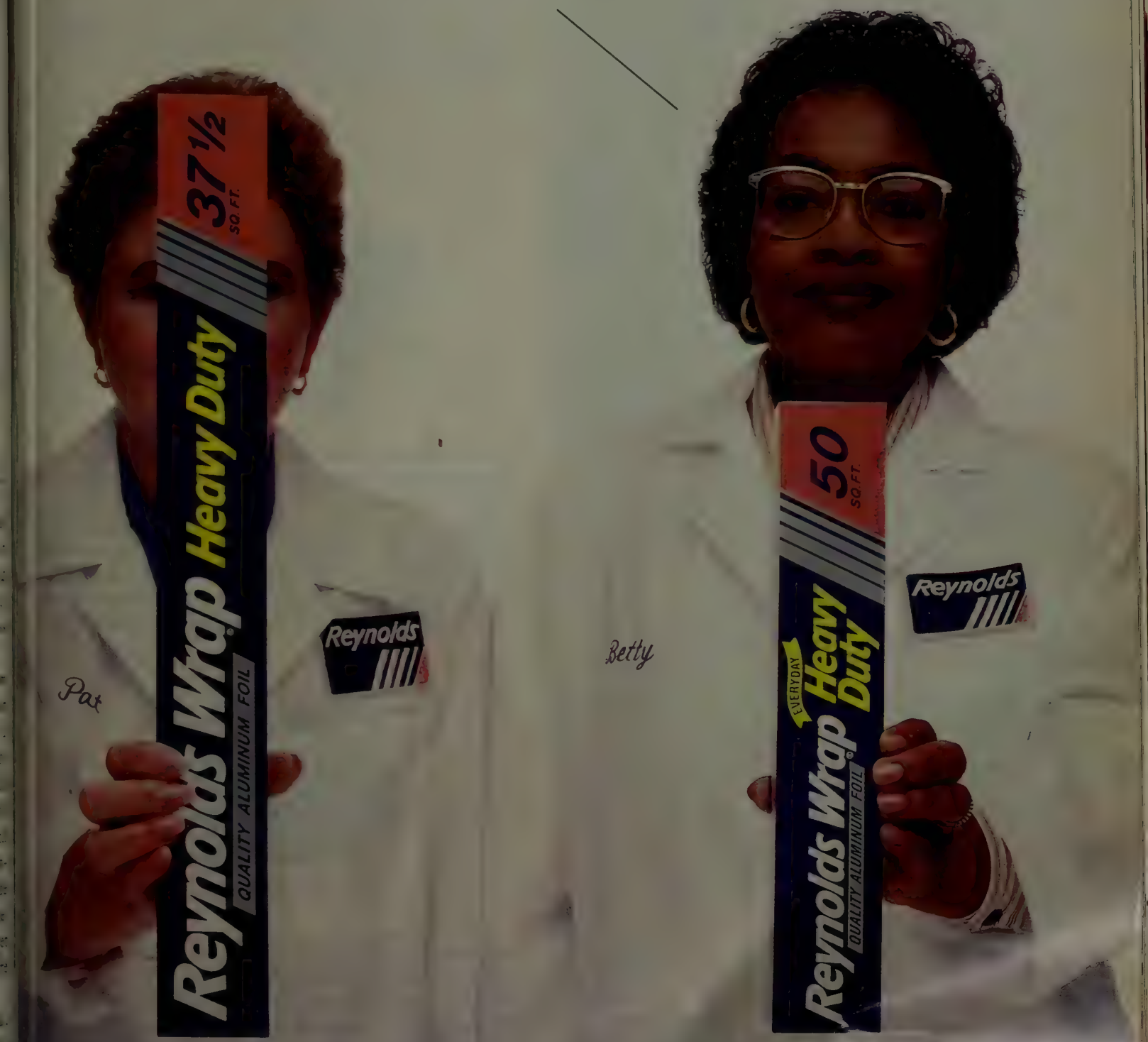
Untie roast and remove fell (paper-thin, pinkish-red layer) from outer surface of lamb; discard. Trim fat from lamb. Reroll and retie. Place lamb in a plastic bag in a shallow dish. Pour marinade over lamb, turning lamb to coat all sides. Seal bag and marinate in the refrigerator for 6 hours or overnight, turning once. Remove lamb from marinade, reserving marinade. Brush excess herb from meat.

In a covered grill arrange *medium* coals around a drip pan. Test for *medium-low* heat above pan. Insert a meat thermometer into the lamb. Place lamb, fat side up, on the grill rack over the drip pan. Lower grill hood. Grill for 1½ to 2 hours or till thermometer registers 145°, brushing several times with the marinade during the first half of grilling time. Discard remaining marinade. Let lamb stand for 15 minutes before carving. Makes 8 servings.

Nutrition facts per serving: 285 cal., 17 g total fat (4 g sat. fat), 86 mg chol., 384 mg sodium, 2 g carbo., 0 g fiber, 28 g pro. Daily Values: 0% vit. A, 8% vit. C, 1% calcium, 14% iron.

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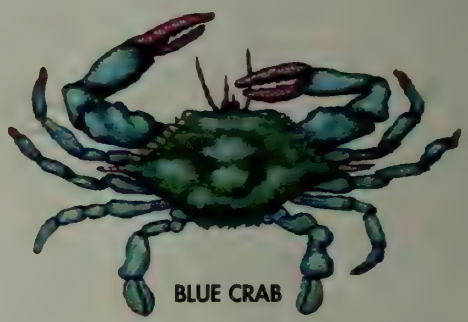
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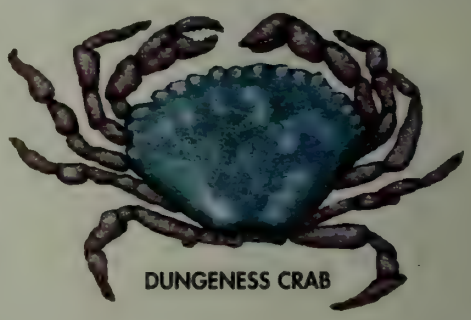
Treasures Of the Sea

Dinner turns into a treasure hunt when crab is served. With a crab cracker or nut cracker in hand and bib in place, your search begins. Rich, succulent crabmeat is your just reward. Learn more about America's crab varieties and how to enjoy them in this primer.



BLUE CRAB

For Atlantic coast crab fanciers, the blue crab ritual includes a plateful of spicy boiled crabs served piping hot on newspaper-laden tables. These crabs are small, so plan to eat several. Purchase 1 pound of live whole crabs per person. (Or, look for fresh, pasteurized, canned, or chilled meat. The meat does not freeze well). This species also produces the coveted soft-shell crabs. During molting (late spring through early fall), blue crabs shed their shells. During this time, they are edible except for the face, intestines, and gills. To try soft-shell crabs at home, coat in flour and sauté in butter.



DUNGENESS CRAB

The favorite of the west coast, Dungeness crabs fork over large chunks of buttery, fine-textured crabmeat, straight from the shell. Fortunately, the hefty size of these Pacific crabs (up to 4 pounds) means there usually is a lot of meat. It's all hidden beneath their large bodies and in their legs and claws. Because the prized meat is so plentiful and easy to retrieve, the Dungeness is prized by cooks and diners alike, whether it's served hot or cold. Dungeness crabs may be sold whole, either fully cooked or live. Figure on ½ to 1 crab for each person.



STONE CRAB

Florida lays claim to this crab species. Only the claws can be harvested. Since the claws regenerate, this restriction helps to conserve the stone crab population. As the name hints, you'll need a crab cracker or nutcracker, (or a hammer) to crack the stone-hard shells of the cooked claws. Inside, the meat is rich and sweet, with a firmer, more fibrous texture than other kinds of crab. Serve stone crab cold as an appetizer with the meat still attached to the main pincer, or pick the meat out of the claws for use in recipes. Plan on 3 large claws per serving.



KING CRAB

Because these North Pacific giants reach up to 25 pounds, you won't find them whole in your market. Instead, scout the freezer case for fully cooked split or whole legs, clusters (shoulder, legs, and claws), claws, or shelled meat. The secret to frozen king crab is a slow thaw in the refrigerator (1 or 2 days). This ensures firm, moist meat instead of a mushy, watery texture. Steam, microwave, broil, or grill king crab just till heated through. Or, serve precooked crab cold. For recipes, chunk, flake, or shred the meat. Count on 8 ounces crab legs or 3 to 4 ounces meat per serving.



SNOW CRAB

Harvested in the icy waters of the Northwest, snow crabs take their name from their snow-white-colored meat. Other pen names include tanner, spider, or queen crab. The flavor resembles the scarcer, more expensive king crab, but with their smaller size (average 1½ to 3 pounds), you'll need a little more patience when picking the meat from the shells. It's always sold fully cooked and frozen. Thaw and prepare the legs, claws, and clusters as you would king crab. Eight ounces of crab legs or clusters or 6 to 8 claws equal a serving (2 to 3 claws per appetizer serving).

Stouffer's®
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complete
a meal.
← (or)

Caramel Apple Pie

1	12 oz. pkg. Stouffer's® Escalloped Apples*	3	tbs. sugar
6	oz. cream cheese, softened	1	tbs. flour
1	egg	1	6 oz. favorite graham cracker pie crust
1½	tsp. vanilla	⅓	cup caramel topping
		½	tsp. cinnamon

Preheat oven to 375°F. In a mixing bowl combine softened cream cheese, egg, vanilla, sugar and flour. Beat until smooth. Spread mixture over pie crust. Combine defrosted Escalloped Apples, caramel topping and cinnamon. Gently spoon over cream cheese mixture to keep two distinct layers. Bake for 40–45 minutes or until apples bubble up around edge of pie. Serve at room temperature. Promptly store leftover pie in refrigerator.

*Defrost Stouffer's Escalloped Apples in microwave on 50% power 6–7 minutes.

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Stouffer's

Apple Recipes

Nothing Comes
Closer to Home.

by Carla Waldemar

Sunday Dinner at Mom's



There was a time when, on Sundays, most mothers worth their salt (and pepper) put a hearty dinner on the table, and all the family gathered 'round. Folks never had to wonder what was on the menu, for the treasured ritual remained untouched by passing fads and fancies. Mom cooked pot roast.

Italian Pot Roast

- 2 Tbsp. fennel seed, crushed
- 2 Tbsp. dried parsley, crushed
- 4 tsp. dried Italian seasoning, crushed
- 1½ tsp. garlic salt
- 1 3- to 4-lb. boneless pork shoulder roast
- 1 Tbsp. cooking oil
- 5 carrots, quartered
- 6 small potatoes, peeled (about 1½ lb.)
- 1 large fennel bulb, trimmed and cut into wedges
- ¼ cup instant-type flour

Combine fennel seed, parsley, Italian seasoning, garlic salt, and 1 teaspoon *pepper*; set aside. Untie pork roast and unroll. Trim fat. Rub with seasoning mixture. Retie roast. In a Dutch oven heat oil; brown pork roast slowly on all sides. Drain fat. Pour ¾ cup *water* over meat. Roast, covered, in a 325° oven 1½ hours. Arrange vegetables around roast.



After rubbing all sides of meat with seasoning, use heavy kitchen string to retie roast before browning.



To make gravy, slowly whisk the flour-water mixture into the hot pan juices over medium-high heat.

Cover and roast 50 to 60 minutes more or till vegetables and meat are tender, adding *water*, if necessary. Transfer meat to serving platter and cover with foil; let stand 15 minutes. Remove strings and carve. Using a slotted spoon, transfer vegetables to a serving bowl; keep warm.

For gravy, skim fat from pan juices; strain juices, if desired. Add *water* to juices, if necessary, to make 1½ cups. Cook pan juices in Dutch oven over medium-high heat till bubbly. Combine ½ cup *cold water* and flour; stir till smooth, then add gradually to the hot pan juices, whisking till smooth and bubbly. Cook and stir 1 minute more. Serve with roast. Makes 6 to 8 servings.

Nutrition facts per serving: 552 cal., 26 g total fat (8 g sat. fat), 149 mg chol., 686 mg sodium, 35 g carbo., 4 g fiber, and 43 g pro. Daily Values: 143% vit. A, 21% vit. C, 7% calcium, and 30% iron.

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by David Feder

Shed No Tears



Onions are a secret vice. Cooks hide them in sauces or soups because of their well-known pungence after eating. Luckily, sweet onions—specially cultivated for milder flavor and higher sugar content—can take center stage without leaving evidence of their having been featured. And, there's less to cry over with sweet onions: They boast a lower content of the compound pyruvate, which makes onion cutting such a tear-jerking experience.

MUSHROOM AND NUT-STUFFED ONIONS

Large, round onions work best for stuffing.

- 6 large sweet onions
- 1 tsp. cooking oil
- ¾ cup chopped mushrooms
- 1 small carrot, finely chopped
- ¼ tsp. pepper
- 2 Tbsp. margarine or butter
- ½ cup apple cider or apple juice
- 1 tart baking apple, cored and finely chopped
- ½ cup cooked wild rice or long grain rice
- ⅓ cup finely chopped hazelnuts
- ¼ tsp. salt
- 1 cup soft whole wheat bread crumbs
- 1 Tbsp. snipped fresh basil
- ⅓ cup apple cider

Cut a thin slice from the bottom and top of each onion, leaving onion skins on. Scoop out onion centers, leaving about ¼-inch-thick shells. Finely chop enough of the removed onion centers to measure ⅓ cup. Brush onions with oil. For filling, in large skillet cook the ⅓ cup reserved onion centers, mushrooms, carrot, and pepper in 1 tablespoon margarine for 5 minutes. Slowly add ½ cup cider. Stir in apple, rice, nuts, and salt; cook for 1 minute more. Remove from heat. Stir in ½ cup of the bread crumbs and basil. Spoon filling into each onion shell.

Arrange stuffed onions in a 2-quart rectangular baking dish. Pour the ⅓ cup apple cider around stuffed onions. Bake, covered, in 350° oven for 40 minutes or till onions tender. Melt remaining margarine and stir together with remaining bread crumbs; sprinkle over onions. Bake, uncovered, for 5 to 15 minutes more or till onions are tender. Remove outer skins before eating. Makes 6 side-dish servings.

Nutrition facts per serving: 230 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 177 mg sodium, 35 g carbo., 5 g fiber, 5 g pro. Daily Values: 30% vit. A, 20% vit. C, 6% calcium, 9% iron.

Good to Know

Sweet onions arrive in late spring and can be found well into autumn. Vidalias, a popular variety, come from Georgia. Maui onions, flat-shaped and golden, grow in the rich volcanic soil of Hawaii. One of the newest varieties, Texas Sweets, are nicknamed "1015" because the best day for planting them is October 15th.


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by Carla Waldemar

Kids' Pizza



Peanut Butter Pizza

Is there a kid alive who doesn't wish to live on pizza? True, it's hard to improve on the pie's perfection, but adding another juvenile addiction—peanut butter—just might push pizza off the chart. To keep active fingers occupied at a party or on a rainy day, mix up a batch of peanut-butter cookie dough. Then call all clean hands on deck to pat it in place.

- ½ cup margarine or butter
- ½ cup peanut butter
- ½ cup packed brown sugar
- ⅓ cup granulated sugar
- 1 egg
- 1 tsp. vanilla
- 1 cup all-purpose flour
- ½ cup semisweet chocolate pieces
- ½ cup peanut butter pieces
- ¾ cup tiny marshmallows
- ⅔ cup peanuts
- ½ cup miniature candy-coated semisweet chocolate pieces

In a bowl, beat margarine or butter and peanut butter with an electric mixer on medium to high speed for 30 seconds. Beat in sugars, egg, and vanilla; at low speed, beat in the flour. Spread dough evenly in an ungreased 12- or 13-inch pizza pan. Bake in a 350° oven for 15 to 18 minutes or till golden. Remove from oven and sprinkle with chocolate and peanut butter pieces. Let stand for 1 to 2 minutes or till softened. With spatula, spread melted pieces over crust. Top with marshmallows, peanuts, and miniature candy pieces. Bake about 5 minutes more or till marshmallows are golden. Cool pan on wire rack. Makes 12 servings.

Nutrition facts per serving: 380 cal., 23 g total fat (7 g sat. fat), 38 mg chol., 156 mg sodium, 39 g carbo., 2 g fiber, and 9 g pro.

They'll think you're sweeter than a marshmallow chick.



Quick-as-a-Bunny Egg Nests

Prepare one batch of *Kellogg's® Rice Krispies Treats®* Recipe as shown on the box. Add 1/2 cup green-tinted coconut. Shape mixture into 16 three-inch nests. Fill cooled nests with miniature marshmallows, jelly beans or chocolate eggs.

To make a chocolaty-rich variation, substitute *Kellogg's® Cocoa Krispies®* cereal (and use regular coconut).

For over 80 other delicious recipes, send a $2.99 check or money order with two proofs of purchase from *Kellogg's® Rice Krispies®* or *Kellogg's® Cocoa Krispies®* to: Kellogg's Rice Krispies Cereal Cookbook Offer, P.O. Box 185327, Battle Creek, MI 49018-5327, while supplies last.



Did you Treat someone nice today?™

by Carla Waldemar

Rhubarb Takes the Cake



Some people know that spring is here when they spy a lilac bud or robin. But rhubarb lovers consider the season officially open when the first pink stalks tunnel through the pliant ground.

Rhubarb makes a grand sauce to accompany your breakfast oatmeal; it's great in pies for dessert. For those who want to have their cake and eat it, too, consider this combo saluting the best of both worlds: an upside-down oatmeal cake with saucy rhubarb as "frosting."

RHUBARB UPSIDE-DOWN CAKE

To celebrate the homey, garden-to-oven nature of this simple cake, serve it warm from the oven.

- ⅔ cup boiling water
- ½ cup quick-cooking rolled oats
- 2 Tbsp. margarine or butter
- ⅓ cup granulated sugar
- 2 cups diced rhubarb*
- 1 cup all-purpose flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. ground cinnamon
- ¼ tsp. salt
- ⅔ cup granulated sugar
- ½ cup packed brown sugar
- ¼ cup cooking oil
- 1 egg

In a medium bowl pour the boiling water over the rolled oats; cover and let stand for 20 minutes. Meanwhile, place the margarine or butter in an 8x8x2-inch baking pan and heat in a 350° oven about 2 minutes or till melted; stir in the ⅓ cup granulated sugar. Sprinkle the diced rhubarb over the sugar; set aside.

In a medium bowl stir together the flour, baking powder, baking soda, cinnamon, and salt; set aside. In a large mixing bowl combine the ⅔ cup granulated sugar, brown sugar, oil, and egg; beat till combined. Add the oat mixture and beat well. Add the flour mixture to the oat mixture, beating just till combined.

Carefully pour the cake batter atop the rhubarb mixture. Bake in a 350° oven about 50 minutes or till a toothpick inserted near the center comes out clean. Cool on a wire rack for 5 minutes. Run a knife along sides of pan to loosen cake; invert onto a serving plate. Serve warm. Makes 9 servings.

**Note*: If fresh rhubarb is unavailable, measure 2 cups frozen sliced rhubarb; thaw slightly and chop. Return to bowl and thaw completely before using.

Nutrition facts per serving: 278 cal., 10 g total fat (2 g sat. fat), 24 mg chol., 177 mg sodium, 46 g carbo., 1 g fiber, 3 g pro. Daily Values: 4% vit. A, 3% vit. C, 6% calcium, 8% iron.

Rhubarb tips: When choosing rhubarb, select firm and tender stalks; avoid those that are very thick or wilted. To preserve its crisp texture, wrap raw rhubarb tightly in plastic wrap and refrigerate for up to 1 week. One pound of raw rhubarb yields 3 cups sliced fruit.

Berried Treasure.



You can't top the taste of fresh berries. Unless it's with the fresh, creamy taste of Reddi-wip. With berries, it's the natural choice.



Fresh Strawberry Pie

Crust:
15 oz. refrigerated sugar cookie mix

Filling:
2 cups fresh, very ripe strawberries, mashed
3 Tbsp. cornstarch
1 cup granulated sugar
2 cups whole ripe strawberries
Reddi-wip Whipped Topping

Preheat oven to 350°. Freeze sugar cookie mix until very firm but not frozen. Slice dough thin, and cover bottom and 1" up sides of a 10" springform pan. Bake 12–15 minutes, until brown. Cool and place on serving plate. In a heavy pan, mix sugar and cornstarch, add mashed strawberries and cook slowly for about 10 minutes until thick. Cool slightly and add whole berries. Pour into the cookie crust. Chill and decorate with Reddi-wip Whipped Topping. Serves 6.

For more of the season's best fresh fruit desserts and $2.00 worth of coupons good on the purchase of Reddi-wip, send for a copy of the "Fresh Thinking" recipe book from Reddi-wip. Send a dated cash register receipt with the purchase price of Reddi-wip circled, along with your name and address to: Reddi-wip Fresh Thinking Offer, P.O. Box 2063, Dept. A, Elgin, IL 60121-2063. Allow 6-8 weeks for delivery. Offer good while supplies last. Limit one per customer. Offer void where prohibited by law. Offer expires November 30, 1996.

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THIS COULD BE YOUR 10 MINUTES OF FAME.

Lawry's® proudly presents new Chicken Sauté.™ In just 10 minutes, your boneless chicken breasts will be destined for greatness. Just a couple of spoonfuls is all it takes. Choose from flavors like Garlic Italian, Lemon Herb, Teriyaki or Country Dijon. Be sure to pick up a bottle in the condiment section today. But don't forget to put on your big hat and dark sunglasses. You know what a drag fame can be.



the difference is delicious!

Fire Up! It's Spring!



Spring is in the air, and you can almost smell the burgers. But before you fire up your gas grill, ensure top performance by giving it a quick spring cleaning.

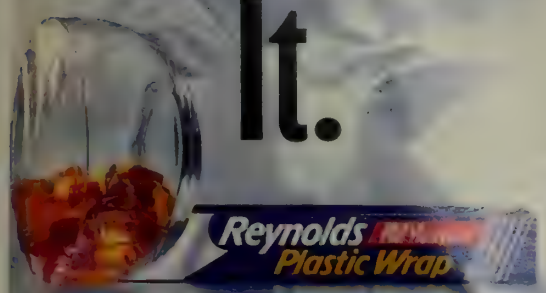
Greasy drippings can clog the burner's gas ports and short out the igniter's flame. Following your manual's instructions, slip off gas tubes and remove the burner unit. Use a soft cloth and soapy water to remove dirt and grease. Towel-dry, then clear out gas ports with a toothpick. Clean tubes with a nonmetallic bottle brush.

Cover the gas orifices beneath the control panel with foil to keep out water, then scrub all surfaces with a brass-bristle brush and soapy water. Rinse with a hose and towel-dry.

Dented or badly rusted fuel tanks must be replaced. Reconnect your propane tank by removing its safety plug and attaching the grill's rubber gas lines. If you didn't use a plug when you removed the propane cylinder, clean out possible opening blockages with a cotton swab. Test the connections for leaks by brushing them with soapy water and turning on the gas. If you see growing bubbles or detect a gas odor, shut off the tank and tighten connections.

To remove cooking grease, simply flip the briquettes so the greasy sides face the burner and replace the cooking grids. Light the grill, close the lid, and set the flame on high for 15 minutes. The heat will burn off the grease. When cool, remove the grids and briquettes. Using a brass-bristle brush and soapy water, scrub the grids; rinse and towel-dry. To help prevent corrosion, coat them with cooking oil. Put the briquettes back in place, and bring on the burgers.

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Reynolds® Plastic Wrap. The one that strrrretches to seal the tightest.

Reynolds

BH&G PRIZE TESTED RECIPES®

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ONE ANNUAL GRAND PRIZE:
FRIGIDAIRE GALLERY COLLECTION APPLIANCES
(refrigerator, dishwasher, microwave oven, and range; estimated retail value: $2,200)
EACH MONTH: TWO $200 WINNERS, TWO $100 WINNERS, SIX HONOR ROLLS
All winners receive a TUPPERWARE Freezer Mates Starter Set.

How would you like to win cash or products for your home? Each month, jus send your original recipes that fit the two recipe categories to our Prize Teste Recipes Contest. Then, seven months later, we'll feature the four top recipe on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Great Pumpkin Favorites: Carve a niche with the pumpkin eaters in your house by sending their picks for soups, side dishes, pies, muffins, cakes, breads, and other delicious pumpkin recipes.

Shortcut Breads: Start with a mix, a frozen dough, or fast-rising yeast and bake into blue-ribbon loaves or rolls. You can even use the bread machine for your timesaving creation.

THIS MONTH'S WINNERS—pages 273 and 274
All winners received a TUPPERWARE Modular Mates Starter Set.

$200 Winners: Alice Hutson, San Antonio, Texas; Carol Roessing, Findlay, Ohio.

$100 Winners: Donna Holland, Ketchum, Okla.; Karen Sheer, Demarest, N.J.

Honor Roll: Cheryl A. Cunningham, Oxnard, Calif.; Kim Dodson, Fort Lauderdale, Fla.; Valerie Donaldson, Rohnert Park, Calif.; Judith Bader Jones, Fairway, Kan.; Sandy Kinzel, Tualatin, Ore.; Melanie A. Miller, Cleveland, Tenn.

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporatio employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name address, and recipe marked "November Great Pumpkin Favorites" or "November Shortcut Breads. Specify brands and recipe origin. 3. Address recipes to 9611 Food Department, *Better Homes and Garden* Des Moines, IA 50309-3023. 4. Entries must be received by April 30, 1996. 5. Monthly winners will b selected about 60 days later, then notified by mail. Winners must sign an affidavit and release. The annu al grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and wi be notified by mail. 6. Entries must be original and never before published. They will be judged on cre ativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights i winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entr constitutes permission to use the winner's name and hometown name for editorial and promotional pur poses, except where prohibited by law.

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Happy Hunting

from Reynolds®

Plastic Wrap.





Reynolds® Crystal Color® Plastic Wrap in five springtime colors. For Reynolds strength at its Easter best.

Reynolds

by David Feder

A Root to Taste

It may be called horseradish, but it has a kick like a mule. Used for thousands of years as a curative for everything from impotence to the common cold, this piquant relative of mustard and kale is seeing its kitchen roots rediscovered.



No longer relegated to subservience as just a tabletop condiment, new uses for fresh horseradish are galloping out of the starting gate. Boil diced horseradish with potatoes to give some springtime zing to mashed spuds. A little shredded horseradish will go a long way in scrambled eggs, marinades, chutneys, tuna salad, and slaws. In baking, adding horseradish to a savory bread dough gets a rise out of the flavor. Even warm apple compote gets a welcome kick from a pinch or two of the grated root.

Fresh horseradish arrives in the supermarket in March; prime season lasts through June. Roots should be creamy beige and very firm. The smaller roots are the most tender. To store before using, wrap horseradish loosely in a paper towel and seal in an airtight plastic bag. Store for up to two months. To use, scrub the root clean with a brush under cold running water. Then, peel and grate or shred as desired.

To make an easy horseradish condiment, finely shred the peeled root. Add a little beet juice for color, if desired, and enough white wine or rice vinegar to cover it. Also, adding a little sugar will take some of the sting out. Store in an airtight, glass container. The condiment will keep for a month or more in the refrigerator, but try to use it up in a week or two—the longer you store it, the weaker it becomes.

CHILI-RUBBED CHICKEN WITH HORSERADISH

The distinct flavors of chili, horseradish, and maple come together in a uniquely delicious union.

- 1 3- to 5-pound whole roasting chicken
- ½ cup peeled and finely shredded horseradish root
- 2 Tbsp. maple syrup
- 2 tsp. olive oil or cooking oil
- 1 tsp. chili powder
- ¼ tsp. salt

Rinse chicken; pat dry with paper towels. Cut slits in skin of breast and drumsticks. Stir together horseradish and maple syrup. Stuff horseradish mixture in slits and rub into meat so mixture is spread evenly under the skin. Brush chicken with oil.

Combine the chili powder and salt; rub chili and salt mixture over the chicken and inside the body cavity. Pull the neck skin to back and fasten with a small metal skewer. Tie the legs to the tail. Twist wing tips under back.

Place chicken, breast side up, on a rack in a shallow roasting pan. Roast uncovered, in a 375° oven for 1¼ to 2 hours or till the drumsticks move freely and the juices run clear. Makes 6 servings.

Nutrition facts per serving: 262 cal., 14 g total fat (4 g sat. fat), 79 mg chol., 168 mg sodium, 8 g carbo., 1 g fiber, and 25 g pro. Daily Values: 5% vit. A, 27% vit. C, 4% calcium, and 10% iron.

HOW TO PEEL AND GRATE HORSERADISH



Hold cleaned and trimmed horseradish root firmly; using a sharp vegetable peeler, carefully remove the outer layer.

Rub peeled horseradish root against a fine grating surface using downward, criss-cross motion.

The fumes and oils can be very powerful, so prepare fresh horseradish in a well-ventilated area and wear gloves, if desired.



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RICE-IPES®

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"Souper Rice"

1. Just prepare any can of Campbell's® cream soup (like Cream of Mushroom).
2. When the soup starts to boil, pour in 2 cups of uncooked MINUTE® Rice.
3. Cover, remove from heat, and let stand for 5 minutes. Give it one last stir and you have a delicious side dish for 4.





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"Start to finish it takes just ten minutes!"

Two simple ingredients equal one perfect dish.

WE'RE NOT JUST TALKING *baked beans* ANYMORE, FOLKS.



See this yummy Italian dish? It's made with canned tomatoes and cannellini beans that were picked, prep and sealed fast to keep nutrients inside. In fact, since produce in a steel can is sealed so fast, it stays fresh days, weeks and months later. (Try that trick in your crisper.) Is that why the average American eats more tha pounds of canned food per year? Could be. Or it could be that recipes with canned ingredients just taste g

What's in a can will surprise you.

TUSCAN-STYLE PASTA *and* CANNELLINI

1/4 cup extra-virgin olive oil
3 large garlic cloves
1/4 pound sliced curly escarole or *1 small bunch* arugula
1 can (14-1/2 ounces) pasta-ready diced tomatoes
1 can (16 ounces) cannellini (white) beans, drained and rinsed
2/3 cup dry white wine
1/4 cup thinly sliced fresh basil leaves
3/4 pound spaghetti, freshly cooked and drained
Salt and freshly ground pepper, *to taste*

To make sauce, heat *oil* in large skillet; add *garlic* and cook over medium-low heat 1 minute. Add *escarole* or *arugula*; stir occassion until wilted, about 2 minutes (1 minute for *arugula*). Add undraine *tomatoes, beans* and *wine*. Simmer 5 minutes, stirring occassionally. in *basil* and simmer 1 minute. Toss sauce with hot *spaghetti*. Seaso with *salt* and *pepper* and toss again. Serves *4*.

Nutrition Information Per Serving :
617 calories; *16 g* fat; *0 mg* cholesterol; *309 mg* sodium; *95 g* carbohydrate; *4 g* fiber; *20 g*

STEEL PACKAGING COUNCIL. AMERICAN IRON AND STEEL INSTITUTE.

PRIZE TESTED RECIPES®

see page 268 for details

$200 WINNER

Carol Roessing Findlay, Ohio, in the Spring Side Dishes category.
April 1996



Cranberry-Raspberry Spinach Salad

Pureed raspberries and cranberry-raspberry juice color the dressing rosy.

- 1 10-oz. pkg. frozen red raspberries in syrup, thawed
- ¼ cup sugar
- 2 tsp. cornstarch
- ½ cup cranberry-raspberry juice cocktail
- ¼ cup red wine vinegar
- ¼ tsp. celery seed
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground cloves
- 1 10-oz. pkg. fresh spinach, stems removed and torn
- ½ cup broken walnuts
- ⅓ cup dried cranberries
- ¼ cup sunflower seeds
- 3 green onions, thinly sliced

For dressing, in a blender container or food processor bowl cover and blend or process raspberries till smooth; strain through a sieve to remove seeds. Discard seeds.

In a medium saucepan stir together sugar and cornstarch; stir in strained raspberries, cranberry-raspberry juice cocktail, vinegar, celery seed, cinnamon, and cloves. Cook and stir over medium heat till thickened and bubbly; cook and stir for 2 minutes more. Transfer to nonmetal container. Cover and chill till serving time.

To serve, in a salad bowl toss together spinach, walnuts, dried cranberries, sunflower seeds, and green onions. Drizzle with half of the dressing. (Cover and chill remaining dressing in a nonmetal container for up to a week to use in other vegetable or fruit salads.) Makes 6 to 8 side-dish servings.

Nutrition facts per serving: 178 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 82 mg sodium, 23 g carbo., 3 g fiber, and 4 g pro. Daily Values: 33% vit. A, 31% vit. C, 5% calcium, and 13% iron.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES®

see page 268 for details

$200 WINNER

Alice Hutson, San Antonio, Texas, in the Tortilla Ideas category.
April 1996



Picadillo Tacos

Picadillo (pee-kah-DEE-yoh) is a sweet, spicy raisin-meat filling from Mexico.

- ½ cup raisins
- ¼ cup tequila
- ½ lb. bulk pork sausage
- ½ lb. lean ground beef
- 1 medium onion, chopped (½ cup)
- 3 cloves garlic, minced
- 1 14½-oz. can whole tomatoes, cut up
- 1 4-oz. can diced green chili peppers, drained
- 2 Tbsp. sugar
- 1 tsp. ground cinnamon
- ¼ tsp. ground cumin
- Dash ground cloves
- 12 7-inch flour tortillas
- ⅓ cup finely chopped pecans
- Shredded lettuce (optional)

In a small saucepan combine raisins and tequila. Bring to boiling; remove from heat. Let stand for 5 minutes.

For filling, in a large skillet cook sausage, beef, onion, and garlic over medium heat till meat is brown. Drain off fat. Stir in undrained raisins, undrained tomatoes, green chili peppers, sugar, cinnamon, cumin, and cloves. Bring to boiling; reduce heat. Simmer, uncovered, about 30 minutes or till most of the liquid is evaporated.

Meanwhile, wrap tortillas in foil. Heat in a 350° oven for 10 minutes or till warm. Stir pecans into meat mixture.

To serve, top warm tortillas with lettuce, if desired; top with filling. Fold or roll up. Makes 6 main-dish servings.

Nutrition facts per serving: 479 cal., 19 g total fat (5 g sat. fat), 39 mg chol., 706 mg sodium, 55 g carbo., 2 g fiber, and 18 g pro. Daily Values: 4% vit. A, 30% vit. C, 12% calcium, and 27% iron.

PRIZE TESTED RECIPES®

$100 WINNER

Donna Holland, Ketchum, Okla., in the Spring Side Dishes category.
April 1996



Oriental Cashew Asparagus

Stir-frying is ideal for spring's slender stalks—cooking to tender perfection.

- 1 lb. fresh asparagus, trimmed and bias-sliced into 1-inch pieces
- 1½ cups quartered fresh mushrooms
- 1 medium onion, cut into thin wedges
- ¼ cup chopped red sweet pepper
- 2 Tbsp. margarine or butter
- 1 tsp. cornstarch
- ⅛ to ¼ tsp. pepper
- 1 Tbsp. teriyaki sauce
- 1 Tbsp. dry sherry
- 2 Tbsp. cashew halves

Place asparagus in steamer basket over, but not touching, gently boiling water. Cover; reduce heat. Steam for 2 minutes. Add mushrooms, onion, and red pepper. Cover; steam for 2 to 5 minutes more or till crisp-tender. Remove basket; discard liquid.

In the same saucepan melt margarine or butter; stir in cornstarch and pepper. Add teriyaki sauce, sherry, and 2 teaspoons *water.* Cook and stir till thickened and bubbly. Return vegetables to saucepan; toss gently to coat. Heat through. Top each serving with cashews. Makes 4 side-dish servings.

Nutrition facts per serving: 121 cal., 8 g total fat (2 g sat. fat), 0 mg chol., 269 mg sodium, 10 g carbo., 2 g fiber, 4 g pro. Daily Values: 17% vit. A, 50% vit. C, and 8% iron.



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PRIZE TESTED RECIPES®

$100 WINNER

Karen Sheer, Demarest, N.J., in the Tortilla Ideas category.
April 1996



Sweet Potato Enchiladas

The Southwest Indian trio—sweet potatoes, corn, and peppers—unite in tortillas.

- 3 cups cubed sweet potato
- 2 Tbsp. cooking oil
- 1 large onion, sliced and separated into rings
- 2 medium red, yellow, and/or green sweet peppers, thinly sliced
- 1 cup fresh or frozen whole kernel corn
- 4 cloves garlic, minced
- ½ tsp. dried oregano, crushed
- ½ tsp. ground cumin
- ½ tsp. chili powder
- Dash salt
- Dash crushed red pepper
- 1 14½-oz. can diced tomatoes
- 6 8-inch flour tortillas
- ½ cup shredded Monterey Jack cheese
- Nonstick spray coating
- Dairy sour cream (optional)
- Fresh hot chili peppers (optional)

In a shallow roasting pan combine sweet potato and *1 tablespoon* oil. Bake, uncovered, in a 425° oven about 35 minutes or till tender and golden brown, stirring once.

Meanwhile, for filling, in a large skillet heat remaining oil over medium-high heat. Add onion; cook and stir about 3 minutes or till tender. Add pepper strips; cook and stir about 5 minutes more or till tender. Add corn, garlic, oregano, cumin, chili powder, salt, red pepper, and a dash *black pepper.* Cook and stir for 1 minute more. Add undrained tomatoes; simmer, uncovered, about 10 minutes or till most juices have evaporated.

Fill each tortilla with about ½ cup filling, ⅓ cup sweet potatoes, and 1 rounded tablespoon cheese; roll up. Place in a greased 3-quart rectangular baking dish. Spray enchiladas with nonstick coating. Bake, uncovered, in a 375° oven for 20 to 25 minutes or till crisp. If desired, serve with sour cream and hot peppers. Makes 6 main-dish servings.

Tears of joy

For months now, life had been a void just aching to be filled. Then a chance encounter changed everything. And salads finally had their lust for onions satisfied. By Kraft Free Sour Cream and Onion Ranch Dressing. Silky smooth, sour creamy ranch with a long, lingering kiss of onion. It was everything that could be hoped for. And it's fat free. Even in its most vivid dreams, no salad will find more fulfillment. And no guilt afterwards.



Salads ♡ Kraft

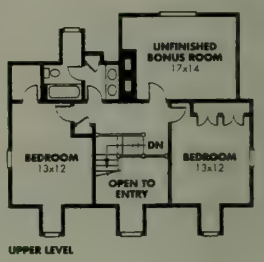
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HOME PLAN *by Steven Mumford*

Homespun Traditions



Nothing says welcome home like a gracious front porch—and the porch on this house says it with eloquence. Punctuated by traditional colonial columns the wraparound porch lends the home a farmhouse feel, perfect for rocking and relaxing outside. Inside, a two-story entry and front staircase accent the formal living and dining rooms; behind these spaces, the house opens up for family living. Cozy casual spaces are built around a fireplace which separates the kitchen from the generous great room. For additional family space, a rear porch is accessible from the great room, breakfast nook, and master bedroom. Upstairs there are two more bedrooms and an unfinished bonus room that's big enough to become a play room, hobby room, or home office.





Total living area: 3,007 sq. ft
Main level: 2,236 sq. ft
Upper level: 771 sq. ft

HOW TO ORDER PLANS

1. Determine the number of plans you want to order and calculate the price from those listed in the last column. Add $10 for postage and handling ($40 for next-day service); Georgia residents (only) add 6 percent sales tax.

2. Specify plan: 346-BHG-0396.

3. Send name, address, and check, money order, or credit card information to: Design Traditions/BH&G, 1200 Ashwood Parkway, Suite 250, Atlanta, GA 30338; or, call: 800/274-2444; in Atlanta, 404/395-6200.

Square footage figures represent heated floor only. They do not represent two-story vaulted spaces, garages, unfinished areas, or basements. No plumbing or mechanical plans are included. We recommend you have an architect or engineer ensure mechanical equipment is sized correctly for your particular regional building codes and climate.

Here are the prices:
SINGLE SET $350
SET OF EIGHT $450
EACH ADDITIONAL SET $40

ane is taking a cruise.

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the Feature

the Sioux

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Buying Guide

continued from page 204

Heisley Rd., Mentor, OH 44061-0388; 216/255-3705; catalog $1.

HANDS-ON DECORATING

Pages 180–181: cushion and valance trim fabric, "Brandt Point Stripe" (Navy) No. 656494; "Country Life Toile" (Royal) No. 659436—Waverly, 800/423-5881. **Pages 182–183: Shaker straight chairs**—Shaker Workshops, P.O. Box 8001, Ashburnham, MA 01430; 800/840-9121. **Blue pottery bowls**—J.B. Cole Pottery, 625 Fork Creek Mill Rd., Seagrove, NC 27341; 910/873-7425. **Church pew, dining table, yellowware bowls, quilts**—antique.

BACK TO THE COUNTRY

Page 187 (*top left*): roofing—Owens-Corning, M.S.C. Meeks, Fiberglas Tower, Toledo, OH 43659; 419/248-8000.

Pages 188–189 (*bottom left*): wicker chairs, green throw pillows—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Slip cover chair,** No. 3772 (Color 16)—Kravet; for product information call 800/648-5728. **Drapery panels,** "Dawson" (206/Acorn)—Covington; for product information call 212/689-2200. **Metal cocktail table**—John R. Keyser, Inc., 160 W. Meadowlark Lane, Corrales, NM 87048; 505/897-0468. **Slate tile flooring**—Dal-Tile, 7834 Hawn Frwy., Dallas, TX 75217; 800/933-8453. **Pine bench, fern stand, English pine dresser**—International Country, 2617 Atwood Dr., St. Cloud, MN 56301.

Pages 190-191 (*center*): windows—Owens-Corning (address above). **Antique pie safe, dining table, Deacon's benches, ladder-back chair**—Elinor's Wood'N Wares, 102 Fifth St., West Des Moines, IA 50265. **Rooster weather vane**—Bartlett's Antiques & Collectibles, 802 35th St., Des Moines, IA 50312. **Flooring**—Authentic Pine Floors, Inc., 4042 Hwy. 42, P.O. Box 206, Locust Grove, GA 30248. (***Right***): **framed art on mantel**—2 Au, 200 Fifth St., West Des Moines, IA 50265

Pages 192–193 (*bottom left*): cabinets, "Adagio" (Natural Maple)—Aristokraft, One Aristokraft Sq., Jasper, IN 47547-0420. **Faucet**—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46208; 800/345-3358. (***Right***): **cabinets,** "Adagio" Natural Maple—Aristokraft (address above); **Windows**—Owens-Corning (address above); **dishwasher, cooktop, refrigerator, oven**—[illegible] North, Benton Harbor, MI [illegible]/422-1271. **Countertops**—Wilsonart [illegible] 8071 Bruce Dr., Temple, TX 76503-6110. **Plank flooring**—Authentic Pine Floors, Inc. (address above).

Page 194 (*top*): plantation blinds—The Shuttery of Nanik, 720 S. 75th Ave., Wausau, WI [illegible] 800/685-5551. (***Bottom, far left***): **coach lantern**—Kichler Lighting, 7711 E. Pleasant Valley Rd., Cleveland, OH 44131; 800/659-9000. **House-number plaque**—Petals & Stitches, 2 Bridge Ave., Red Bank, NJ 07701; 800/530-6336. (***Bottom, far right***): **slate tile flooring**—Dal-Tile (address above).

NATURAL CONNECTIONS

Page 197: windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Patio furniture**—Brown Jordan Co., P.O. Box 5688, El Monte, CA 91731.



For more information about products shown in *Natural Connections* (pages 197–202) and other stories, contact manufacturers listed here.

Pages 198–199 (*left*): sofa and fabric—Burton James, 428 Turnbull Canyon Rd., City of Industry, CA 91745. **Coffee table**—Toms-Price, 303 East Front St., Wheaton, IL 60187. **Red-checked fabric on chair**—Calico Corners, 203 Gale Ln., Kennett Square, PA 19348; 800/777-9933. **Striped pillows**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. (***Right***): **fabric for cushions**—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016-7878; 800/423-5881. **Stone fireplace and floor,** "Rosa Sandstone"—American Sandstone, 2600 N. Hwy. 89, Chino Valley, AZ 86323. **Rug**—Past Basket, 200 S. Third St., Geneva, IL 60134. **Print above fireplace**—Picture Us Galleries, 2338 Northbrook Ct., Northbrook, IL 60062.

Pages 200–201 (*left*): track lighting fixtures—Juno Lighting, Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/323-5068. **Dining room chairs**—The Pottery Barn (address above). **Armoire**—The Mart Store, 818 E. Ogden, Westmont, IL 60559-1246. **Rugs, linens, wreath**—Past Basket (address above). **Blue Lugano bowl, dish towels**—Past Basket (address above). **Kitchen cabinetry**—designed by Dan McFadden, Past Basket (address above). **Recessed light cans**—Lightolier Inc., 100 Lighting Way, Secaucus, NJ 07094-0508. **Sink and faucet**—Kohler Co., Kohler, WI 53044; 800/456-453[illegible] **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. B[illegible] 4130, Madison, WI 53744-4130; 800/222-782[illegible] **Cooktop**—Jenn-Air Co., 3035 N. Shadeland Av[illegible] Indianapolis, IN 46226-0901; 800/536-624[illegible] **Dishwasher**—ASKO Inc., 903 N. Bowser, Ste. 20[illegible] Richardson, TX 75081-1805; 800/367-244[illegible] **Microwave,** "Spacemaker"—GE Applianc[illegible] Appliance Park, Louisville, [illegible] 40225; [illegible] 800/626-200[illegible] **Countertop**—Formica Corp[illegible] 100155 Reading Rd., Cincinna[illegible] OH 45241; 800/367-6422.

Page 202 (*top*): wreath—Pa[illegible] Basket (address above). **Built-in ca[illegible] inetry**—Dave McFadden, Pa[illegible] Basket (address above). **Sheets**—Martex WestPoint Stevens Hon[illegible] Fashions, 1185 Avenue of th[illegible] Americas, New York, NY 1003[illegible] 800/533-8229. **Rug**—Villag[illegible] Carpets, 934 Green Bay Rd[illegible] Winnetka, IL 60093. (***Bottom***) **stain**—Olympic Stains, PPG Ind., [illegible] PPG Pl., Pittsburgh, PA 1527[illegible] 800/441-9695 or 800/235-502[illegible]

PRIZE TESTED RECIPES®

Page 274 (*left*): yellow 9-inch pla[illegible] by Aletha Soule—Affinities Gifts [illegible] Accessories, 1751 28th St., We[illegible] Des Moines, IA 50266; 515/22[illegible] 1346. (***Right***): **yellow sunflow[illegible] plate,** "Country Cuisi[illegible] Sunflowers"—Nancy Calhoun, Inc[illegible] for a retailer near you ca[illegible] 714/529-4700.

READER SHOPPING

Page 120: Constance Spry a[illegible] Royal Bonica roses—Park Seed Co[illegible] Cokesbury Rd., Hwy. 254 Nort[illegible] Greenwood, SC 29647-0001.

Page 124: Summer Flowerin[illegible] Bulbs—K. Van Bourgondien & Son[illegible] P.O. Box 1000, Rt. 109, Babylo[illegible] NY 11702.

Page 288: Dalmation and Unico[illegible] Piñatas—Aztec Imports, Inc., 99[illegible] Loma Verde Dr., El Paso, TX 7993[illegible] 7821. **Dalmation Cake Pan a[illegible] Cookie Cutters Set**—Wilton Enterprises, 2240 W[illegible] 75th St., Woodridge, IL 60517.

Architects & Designers

KITCHEN ISLANDS

Pages 52–55: Architect—Thomas Jannino Desig[illegible] Assoc., 3040 19th St., No. 5, Bakersfield, CA 9330[illegible] 805/322-1299. **Kitchen design**—Mary Jo Cam[illegible] CKD, 825 Santa Cruz Ave., Menlo Park, CA 9402[illegible] 415/328-4224.

Page 60: Architect—George M. Hasara of Sulliva[illegible] Gray, Bruck Architects, Inc., 23 N. Fourth S[illegible] Columbus, OH 43125. **Interior design**—Pame[illegible] Stavroff, Pamela Stravroff Design Assoc. Inc., 53 [illegible] High St., Columbus, OH 43215; 614/764-1973.

GARDEN COMPANIONS

Pages 167–172: Designer—Anne Janisse/Ci[illegible] Peoples Gardens, 2939 East Madison, Seattle, W[illegible] 98112; 206/324-0963.

NATURAL CONNECTIONS

Pages 197–202: Architect—Mark Zinni Architect[illegible] Ltd., 28 Chicago Ave., Oak Park, IL 60302.

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continued on page J2

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3	15	27	39	51	63	75	87	99	111	123	135	147
4	16	28	40	52	64	76	88	100	112	124	136	148
5	17	29	41	53	65	77	89	101	113	125	137	149
6	18	30	42	54	66	78	90	102	114	126	138	150
7	19	31	43	55	67	79	91	103	115	127	139	151
8	20	32	44	56	68	80	92	104	116	128	140	152
9	21	33	45	57	69	81	93	105	117	129	141	
10	22	34	46	58	70	82	94	106	118	130	142	
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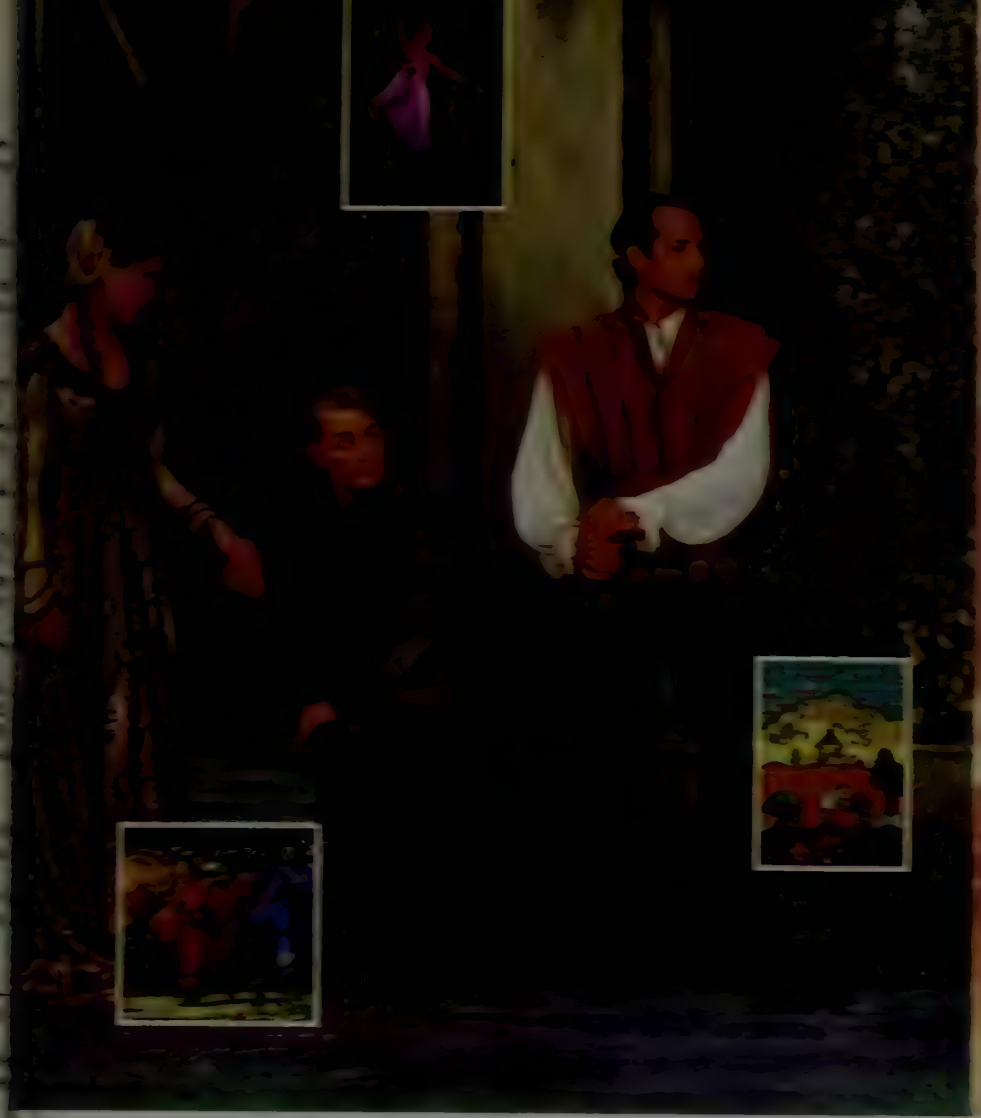
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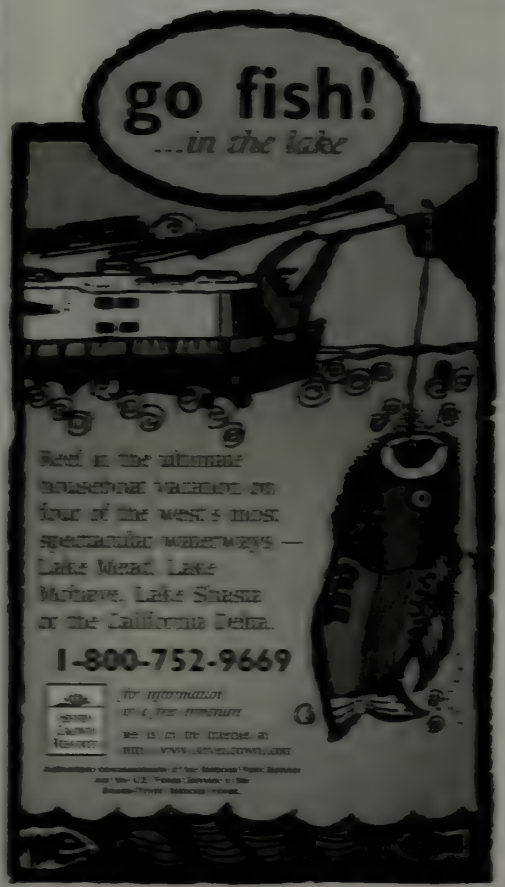
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"The Daddy" is poised to roar out of the chutes on July 19 and run through the 28th. It promises to be the grandest Cheyenne Frontier Days ever, but will still reflect the old west spirit and personality of its founders.

The town of Cody, located in the opposite corner of Wyoming just east of Yellowstone National Park, will celebrate a year-long Centennial of another type. It's been just 100 years since frontiersman, showman and visionary William F. "Buffalo Bill" Cody established "his" town along the banks of the Shoshone River at the foot of Cedar Mountain.

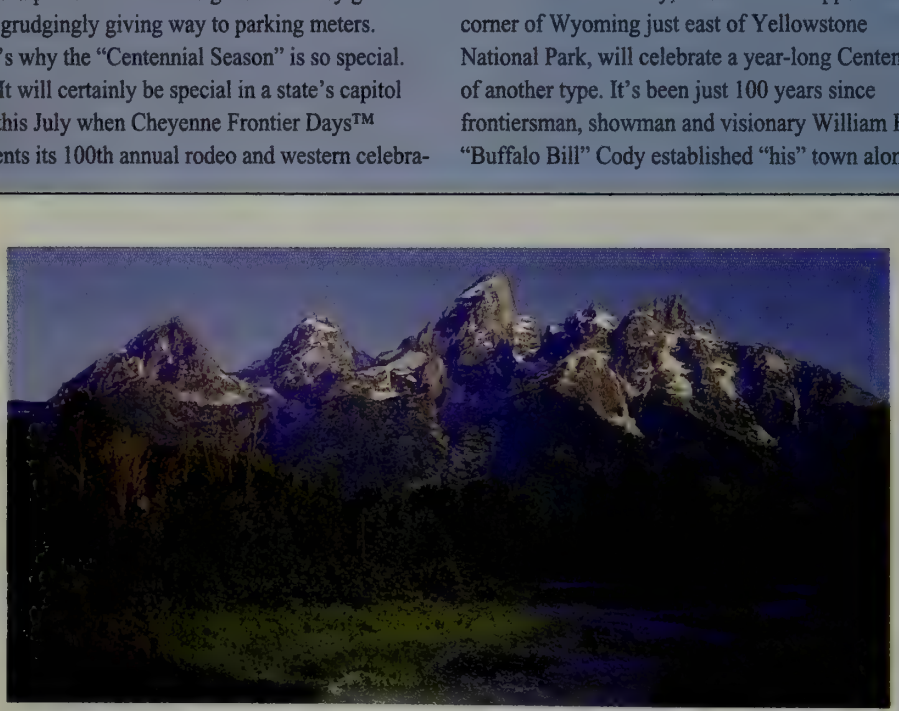
Much of the celebration will center around the crown jewel of western museums, the Buffalo Bill Historical Center. Rightfully called "the Smithsonian of the West" this huge complex has become America's treasure house displaying the very best of western art and culture.

Other Centennial Season attractions in Cody include Buffalo Bill's boyhood home, transplanted from LeClaire, Iowa; the Irma Hotel that Cody built and named for his daughter; Old Trail Town, a collection of authentic historic cabins and buildings from the region's early days and Gertrude Vanderbilt Whitney's impressive 14-foot high sculpture of Buffalo Bill as an army scout.

On the road to Yellowstone National Park's East Gate, travelers will pass Buffalo Bill Dam, an early day engineering marvel that was the center piece of Cody's successful dream to transform dry prairie into lush farmland. An alternate, newly paved, road to Yellowstone leads northwest through the scenic Sunlight Basin to the Park's Silver Gate.

The town of Meeteetse, just south of Cody also celebrates its 100th birthday in 1996. This ranching community's colorful past is reflected in the works displayed at the Charles Belden Photography Museum and in the classic style of the Meeteetse Mercantile.

Not all Wyoming attractions are old. The National Wildlife Art Museum, located adjacent to spectacular Grand Teton National Park in Jackson Hole, showcases the world's finest wildlife artists. The Museum overlooks a natural setting that is still home to many of the species included in the nation's largest permanent wildlife fine art collection. Another new attraction, the Wyoming Dinosaur Center in Thermopolis, is already receiving international attention. Wyoming has long been the source of dinosaur fossil remains for museums around the world. This Center, located next to one of the most extensive dinosaur bone quarries ever discovered, intends to excavate, prepare and display the great beasts right where they lived.



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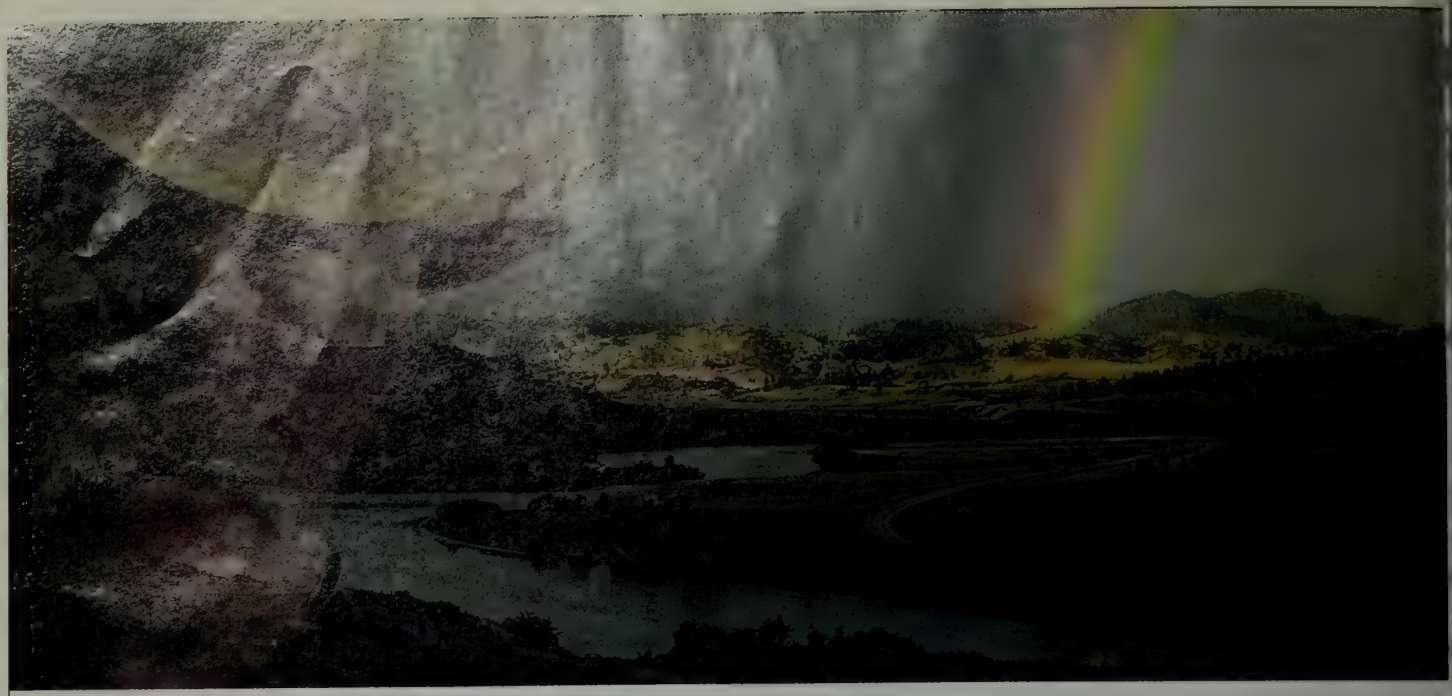
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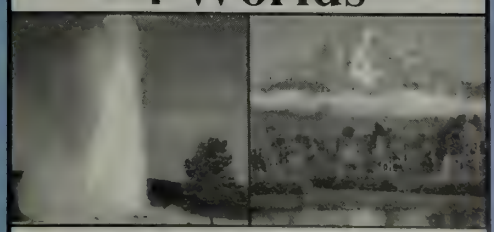
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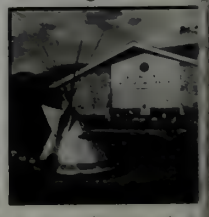
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DESIGN | *by Cathy Borcherding*

Paper Perks

Bored with white walls? That's nothing a little wallpaper can't perk up. Creative wallpaper treatments add cozy character. But, if you're afraid you'll miss the simplicity of white walls, keep your wallpaper pattern subtle using crisp colors on a white background.



LOW CONTRAST:
Preserve the clean, tranquil feel of your room by choosing a paper that isn't a glaring contrast to the decor. In this remake, both the colors and the patterns in the wallpaper continue the theme set by the furnishings, without pulling any unexpected punches.

PATTERN:
Without replacing a single furnishing, create an artful difference in a room with wallpaper. The combination of patterns transforms the blank canvas of white wall with stepped-up energy. The floral border adds softness to the plaid's hard edges.

BORDER:
Place the border paper a few inches from the ceiling, and paint the upper space a deep, contrasting color to gain a visual breather from too much sameness of pattern. The paint lowers the ceiling line to just below the top of the window for coziness.



PHOTOGRAPHS: KING AU. TEXT: CANDACE ORD MANROE. FABRICS: WAVERLY. WALLPAPER: VILLAGE.

PLACEMENT:
Arrange furnishings first, then position wallpaper to complement the arrangement. Drop the border so the top lines up with the top of the curtain, as shown *bottom*, to parallel the lines of the sofa. A horizontal picture links the gap between the sofa and border.

COLOR:
The room retains a light, airy quality because the wallpaper background is white. The soft grid pattern complements the furnishings yet doesn't grab all of the attention away from the shots of intense color in the border paper, print, and the pillows.

SCALE:
Select wallpaper prints to be in proportion with other fabrics and furnishings, as well as with the room itself. Here, the plaid paper echoes the print scale of the curtains and pillows. For interesting contrast, a large-scale floral pattern is thrown into the mix.

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by Cathy Borcherding

Paper Perks

Bored with white walls? That's nothing a little wallpaper can't perk up. Creative wallpaper treatments add cozy character. But, if you're afraid you'll miss the simplicity of white walls, keep your wallpaper pattern subtle using crisp colors on a white background.



LOW CONTRAST:
Preserve the clean, tranquil feel of your room by choosing a paper that isn't a glaring contrast to the decor. In this remake, both the colors and the patterns in the wallpaper continue the theme set by the furnishings, without pulling any unexpected punches.

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COLOR:
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by Joy Taylor

A New Roll on Lasagna

Take a new look at an old favorite. This recipe repackages a classic and makes it easier.

Easy. Use frozen lasagna sheets instead of individual noodles for easier filling and rolling. Spread each whole sheet with the filling, roll it up, cut, and bake. The creamy sauce contains just two ingredients.

Make ahead. You can assemble this dish up to 24 hours ahead of time.



Delicious. A flavorful cream cheese sauce blankets the spiral rolls of chicken, asparagus, and ricotta cheese. Spoon extra sauce on just before serving.

Timesaving. No-boil lasagna sheets don't require cooking. You get to skip boiling the water and working with hot, sticky noodles.

CHICKEN-ASPARAGUS LASAGNA ROLLS

- 3 sheets (10x7 inches each) ready-to-use frozen lasagna sheets*
- 1 cup low-fat ricotta cheese
- 1 cup chopped, cooked chicken
- ¼ cup finely shredded Parmesan
- 2 Tbsp. thinly sliced green onion
- 2 Tbsp. diced pimiento, drained
- ¼ tsp. salt
- ¼ tsp. garlic powder
- 1 slightly beaten egg white
- ½ of a 10-oz. pkg. frozen cut asparagus, thawed and drained
- 1 8-oz. tub cream cheese with chives and onion
- ½ cup milk

Place frozen lasagna sheets on a baking sheet; cover with plastic wrap and thaw for 30 minutes. Drain. Set aside.

Combine ricotta cheese, chicken, Parmesan, onion, pimiento, salt, garlic powder, and egg white. Stir in asparagus.

Spread *one-third* of the chicken mixture over a lasagna sheet (Photo 1). Starting from the short edge, roll up jelly-roll style (Photo 2). Cut the roll crosswise into six pieces (Photo 3). Place pasta rolls, cut side down, in a greased 2-quart rectangular baking dish. Repeat with remaining lasagna sheets and filling.







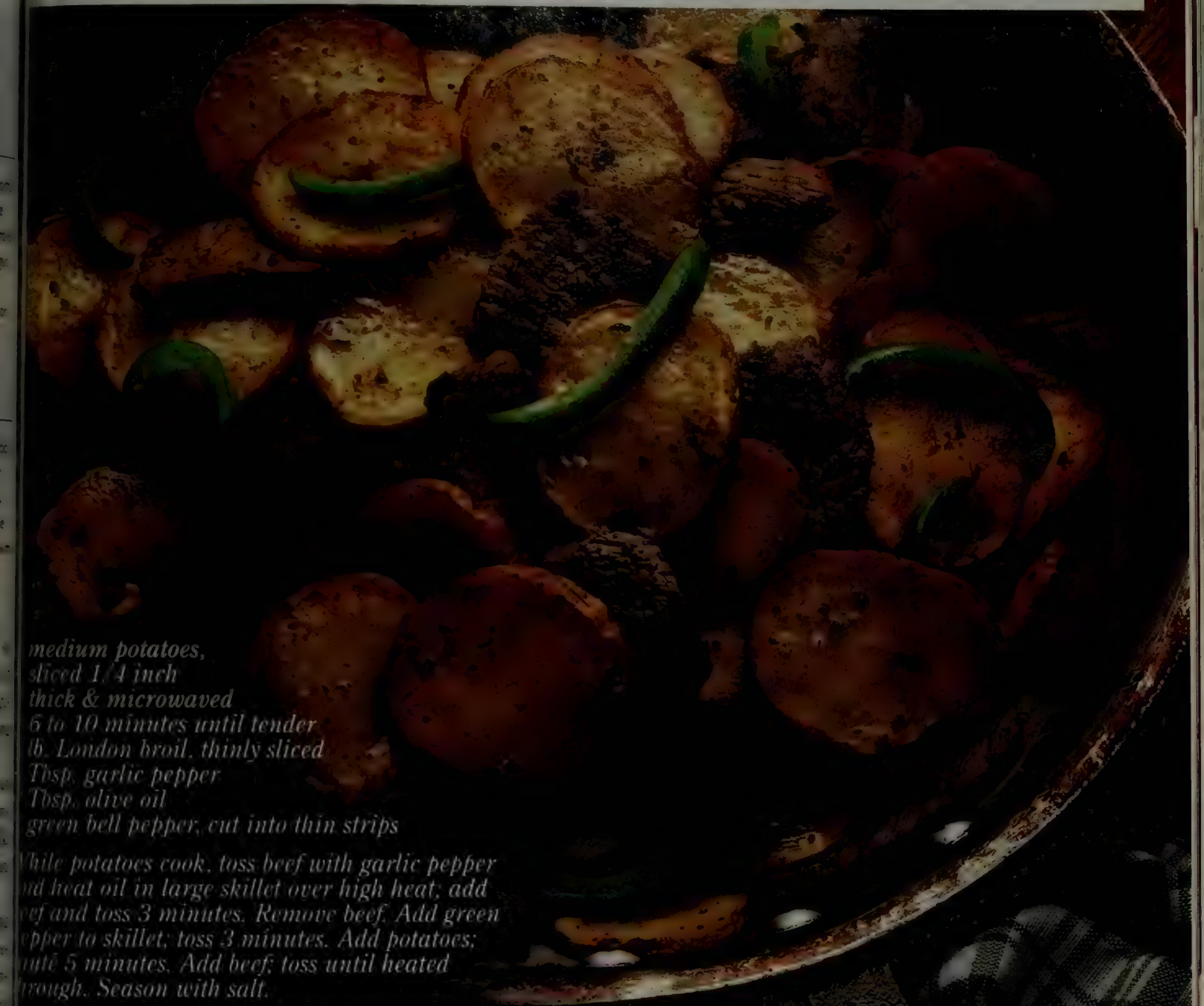
For sauce, in a small heavy saucepan heat and stir cream cheese over medium-low heat till softened. Slowly add milk, stirring till smooth. Remove from heat; cool. Pour *half* of the sauce over rolls.

Cover and chill rolls and remaining sauce for up to 24 hours. (Or, bake immediately in a 350° oven for 35 to 40 minutes or till heated through.) Bake chilled rolls, covered, in a 350° oven for 50 to 55 minutes or till hot. Heat remaining sauce over low heat, stirring frequently. Spoon sauce over rolls. Serves 6.

**Note:* Or, use 6 regular lasagna noodles, cooked. Cut each noodle in half crosswise. Spoon a scant *¼ cup* of chicken mixture onto one end of the noodle. Roll up jelly-roll style.

Nutrition facts per serving: 342 cal., 18 g total fat (7 g sat. fat), 74 mg chol., 352 mg sodium, 23 g carbo., 2 g fiber, 21 g protein. Daily Value: 15% vit. A, 14% vit. C, 11% calcium, 7% iron.

One-Pan Potatoes and Pepper Steak



medium potatoes, sliced 1/4 inch thick & microwaved 6 to 10 minutes until tender
lb. London broil, thinly sliced
Tbsp. garlic pepper
Tbsp. olive oil
green bell pepper, cut into thin strips

While potatoes cook, toss beef with garlic pepper and heat oil in large skillet over high heat; add beef and toss 3 minutes. Remove beef. Add green pepper to skillet; toss 3 minutes. Add potatoes; sauté 5 minutes. Add beef; toss until heated through. Season with salt.

Time: 20 minutes Servings: 4
Per Serving: 364 cal., 12 g fat, 70 mg chol., 130 mg sodium, 33 g carb., 4 g fiber, 30 g pro.

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Potstickers

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Potstickers are proof that the best things come in small packages. These bundles are a top pick for dim sum, the appetizer course served in Oriental restaurants. Just like egg rolls, potstickers encase a flavorful filling inside a paper-thin dough.

CURRY CHICKEN POTSTICKERS

- 2 Tbsp. soy sauce
- 1 Tbsp. cornstarch
- 1 to 1½ tsp. curry powder
- 1 tsp. toasted sesame oil (optional)
- ½ tsp. sugar
- 1 cup packaged shredded broccoli (broccoli slaw mix) or cabbage with carrot (coleslaw mix)
- 8 oz. ground raw chicken
- 1 Tbsp. finely chopped onion
- 30 potsticker or wonton wrappers
- Cooking oil

For filling, in a mixing bowl combine soy sauce, cornstarch, curry powder, sesame oil (if desired), and sugar. Finely chop slaw. Add slaw, chicken, and onion; mix well. Cover; chill for up to 24 hours.

Spoon 2 teaspoons filling onto each wrapper. Moisten edges with water. Fold wrappers in half over filling (see photograph, *right*). (For wontons, fold one corner over filling to opposite corner.) Fold pleats along edges; press to seal.



Just use a little filling so you can seal the sides of the wrapper.



Brown the potstickers in oil, pleated edges up, before adding water.

Arrange potstickers, pleated edges up on a lightly floured baking sheet, pressing gently to flatten bottoms. Cover till ready to cook. (Or, freeze at this point. Let thaw for 30 minutes before cooking.)

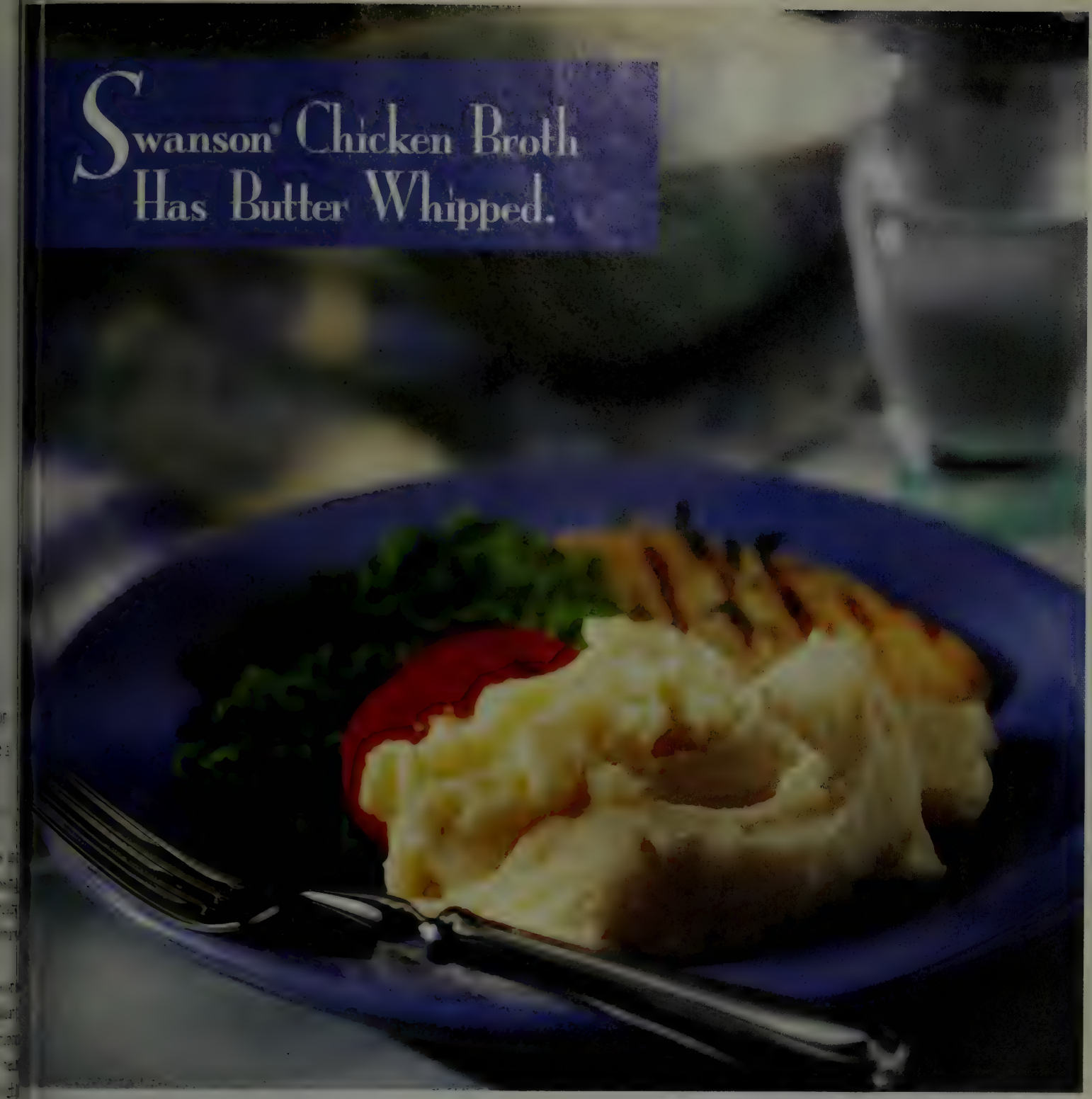
In a 12-inch skillet heat 2 tablespoons oil. Arrange half of the potstickers, pleated edges up, in skillet (see photograph *left*). Cook, uncovered, over medium heat for 1 to 2 minutes or till bottoms are light brown. Reduce heat to low.

Remove from heat; carefully add ⅔ cup *water* all at once near edge (oil may splatter). Return to heat. Cover; cook 10 minutes more. Increase heat to medium-high. Uncover; cook 3 to 5 minutes or till filling is no longer pink and water is evaporated.

Add 2 teaspoons oil. Lift and tilt skillet to coat potsticker bottoms. Cook, uncovered, 1 minute more. Gently remove potstickers from skillet. Drain on paper towels. Keep warm in a 300° oven. Makes 30

Nutrition facts per potsticker: 45 cal., 2 g total fat (0 g sat. fat), 5 mg chol., 119 mg sodium, 5 g carbo., 0 g fiber, and 2 g pr Daily Values: 4% vit. C, and 2% iron.

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SWANSON® SKINNY MASHED POTATOES

PREP TIME: 10 MIN. COOK TIME: 15 MIN.

4 large potatoes, cut into 1" pieces
3/4 cup Swanson® Chicken Broth
Generous dash pepper

Cook potatoes in boiling water for about 10 min. or until tender. Drain. Mash potatoes with broth and pepper. Serves 7.

TIP: You can cook vegetables in the remaining Swanson® broth for added flavor.

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Making Arrangements

Accessorizing the home is as easy as buying what you love. It's putting the objects together that gets thorny—unless you know some simple rules of arrangement.

Rhythm
Tabletop objects visually flow together when transported by a textile. Rippling across the table, this throw leads the eye on an energetic dance from object to object within the fabric's wake.

Form
When several tabletop objects share the same shape, such as the rectangles, *right,* energize the composition by presenting the objects at different angles.



Focal Point
Establish a focal point to help you organize a mixture of objects. It will be the first object to draw your eye. Then, lead your gaze by staggering objects down and around the focal point in a pyramidal composition. The plant shown here is taller and wider than the other objects; it is positioned at the center of the composition with its vines connecting objects in the arrangement.

Balance
Instead of spacing objects equally, create interesting balance asymmetrically: several smaller objects balance a heavy mass.

Shape
Repetition of shape, such as the circles, *right,* creates a unifying theme that carries the eye. For diversity (which compels the eye to take note and linger) arrange circular shapes amid rectangles and squares.



Scale
No matter how appealing the objects, an arrangement that's out of proportion to its display surface is doomed. Too large, it makes the table look puny and frail; too small, the objects get lost, marching without a leader. As a general guideline, make the arrangement span at least a third of the table's diameter and at least a few inches more than half of its height.

PHOTOGRAPHS: KING AU. FABRIC: CALICO CORNERS

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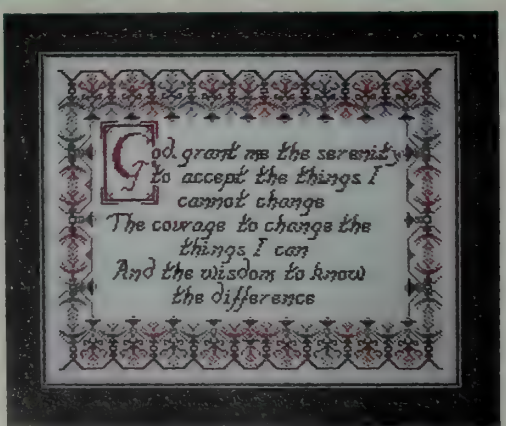
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Inspirational, Heartfelt Sentiment

Serenity Prayer Sampler Kit

In Stamped or Counted Cross-Stitch

Stitch America's most-recognized inspirational sentiment on this sampler featuring a spectacular border. By special arrangement with Willmaur Crafts Corporation, *Better Homes and Gardens*® magazine is pleased to offer this kit in stamped cross-stitch (finished size 16×20) or counted cross-stitch (finished size 12×15). The kit comes with a full-color photo, silk-screened poly/cotton fabric for stamped version *or* 14-count Aida fabric for counted version, cotton embroidery floss, chart, needle, and complete instructions.



TO ORDER To order the Serenity Prayer Sampler Kit, send check or money order for $17.95 to: *Better Homes and Gardens*® Reader Shopping Service, Dept. R9409, P.O. Box 9128, Des Moines, IA 50306-9128. *Please be sure to specify stamped or counted version.* Price includes shipping, handling, and sales tax, if applicable.

REMODELING

Protecting Trees

Trees do more than look good and absorb carbon dioxide; they also add tens of thousands of dollars to the value of your home.

Realtors and developers say that having trees on your property can increase its value between 7 and 27 percent. Protect your trees when remodeling; your big remake won't boost your home's value if you lose a few key trees in the process.

Heavy equipment, scraping, grading, digging, or foundation work can easily jeopardize your trees. Most of a tree's feeding roots are found in the top 2 feet of soil. Losing as little as 2 inches of topsoil under the drip line (the area under the tree's farthest-reaching leaves) can kill a tree.

The best and simplest solution is to put a liability clause in your remodeling contract that makes the builder responsible for protecting the trees in your yard. This liability protection should not end when the remodeling is finished. A damaged tree can take several years to die. Here are some things your builder should do.

Use flags to mark all the trees to be protected. If you have a densely wooded lot, you may need to choose between the trees you want and the trees that can be sacrificed.

Mark one road or path for trucks to use if they must drive up to the house to unload equipment or tools.

Keep all equipment, vehicles, and trash piles out from under the drip line of the tree.

Avoid any grade changes under the drip line of the tree.

Prohibit disposal of paints, solvents, petroleum products, or other toxic substances on the property.

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Interested In A Real Estate Career?

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If your home is currently listed, this is not a solicitation for business.

BH&G Kids™



It's party time

It can't be just any old party. It has to be the best birthday celebration ever. Don't dial 911. BH&G Kids can rescue you with two party theme ideas. Our Firefighter Blast is sure to be a hit with the high-octane set. A Rainbows and Unicorns motif will produce a quieter affair—well, maybe. Add your own personal touches to our idea starters, and you're sure to have a hit with any crowd.

by Barbara Hall Palar

continued on page 282

PHOTOGRAPHS: ANDY LYONS

VIRTUALLY FAT FREE!



Believe it or not, Hershey's® Syrup contains less than 1/2 gram of fat per serving.
And it's the same rich, delicious Hershey's Syrup you've loved for years.

©1996 Hershey Foods Corporation

BH&G kids

continued from page 280

The Firefighter Blast could begin with a field trip to a fire station and end with cake and games at your house. When it's over, hose 'em down! You'll find more fabulous firehouse treat ideas on page 286.



Hydrant and hounds

To make the hydrant, first spray paint a plastic-foam ball red. Roll a 3×8-inch piece of red cardboard into a 3-inch-tall tube around the foam ball; secure tube with staples. Adhere three candy loops to tube with frosting. Wrap one end of a black licorice twist with a small slice of red rolled fruit leather. Gently poke a hole into the cardboard tube through the front candy loop. Push the other end of the licorice through the hole. Trim hydrant with red rolled fruit leather.









Firehouse follies

It wouldn't be a party without games. Here are some surefire hits. **Fire Truck Relay**. Construct two trucks out of cardboard boxes. We used aluminum pie plates for the tires and paper cups for the headlights. Divide kids into two teams; each child in line steps into a truck, runs to a designated point, turns around, and runs back to the starting point to give the truck to the next child. **Stop-Drop-and-Roll Tag**. If a child is tagged, he or she stops, drops, and rolls, then gets up and keeps playing.

continued on page 284

MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children, 10% of all kids between nd 10, wet the bed twice a week or more. If your ild is in school, chances are at least two of his assmates are in the same leaky boat. No child ould ever feel alone with this problem. But, of urse, they do.

The good news: More is known than ever before at can help. Once, the only sure cure was time. 9% of our children leave this problem in the dust they grow. And now there are some new ways give time a hand.

THE BEST BEGINNING

For starters, pediatricians know a lot more bout the causes of "enuresis" (that's the official edical name for it) than they used to.

Doctors today deal with this problem all the me. They have new techniques and sometimes edicines that can help manage bed-wetting, if not iminate it altogether.

And now (finally!), there are pants you can uy that can make a real difference at your house, very night and every morning. Your child will ill wet. He can't help it. But from now on, that oesn't have to mean he has to wet the bed.

TOMORROW CAN BE DIFFERENT

The makers of Pull-Ups® training pants have nvented the first and only disposable underpants r larger children, 45 to 85+ pounds.

Pull-Ups® GoodNites® disposable absorbent nderpants eliminate the rubber sheets and the aundry and much of the stress that make nighttime ccidents into a bigger deal than they really are, nd make our children feel small. Smaller than they eally are.

GoodNites look a lot like plain white under- ants, except slightly thicker. They come in two izes and even have a label in the back. The trim fit elps GoodNites underpants vanish discreetly nder pajamas, while the super absorbent middle s ready, just in case. In every detail, the GoodNites people have done everything possible to make these absorbent underpants respect our kids like the grown-ups they soon will be.

THE WAY THINGS SHOULD BE

If yours is already a GoodNites family, there's some good news for you, too. GoodNites are now even more absorbent than before.

If GoodNites underpants are new to you, now is the time to try them. You will rejoice that you did.

GoodNites are not a miracle, but there's noth- ing like them. They help families keep bed-wetting in perspective. They help make dry mornings, in crisp clean sheets, routine. And make sleep-overs and other normal, healthy everyday kid things routine, too. The way they should be.

THE GOODNITES GUIDES

GoodNites underpants were developed with the help of pediatricians and other childhood specialists. You'll find much of their good advice in these little booklets. One is written for parents. The other is for your child. For copies, please send $1 for postage and handling to: GoodNites Guides, P.O. Box 1165, Maple Plain, MN 55592.

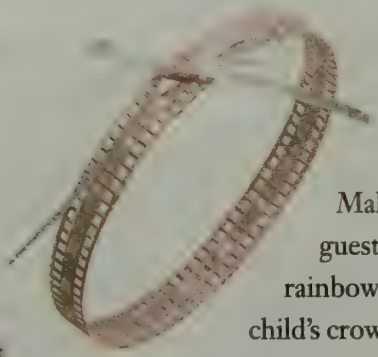


GoodNites® mean Good Mornings™

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continued from page 282

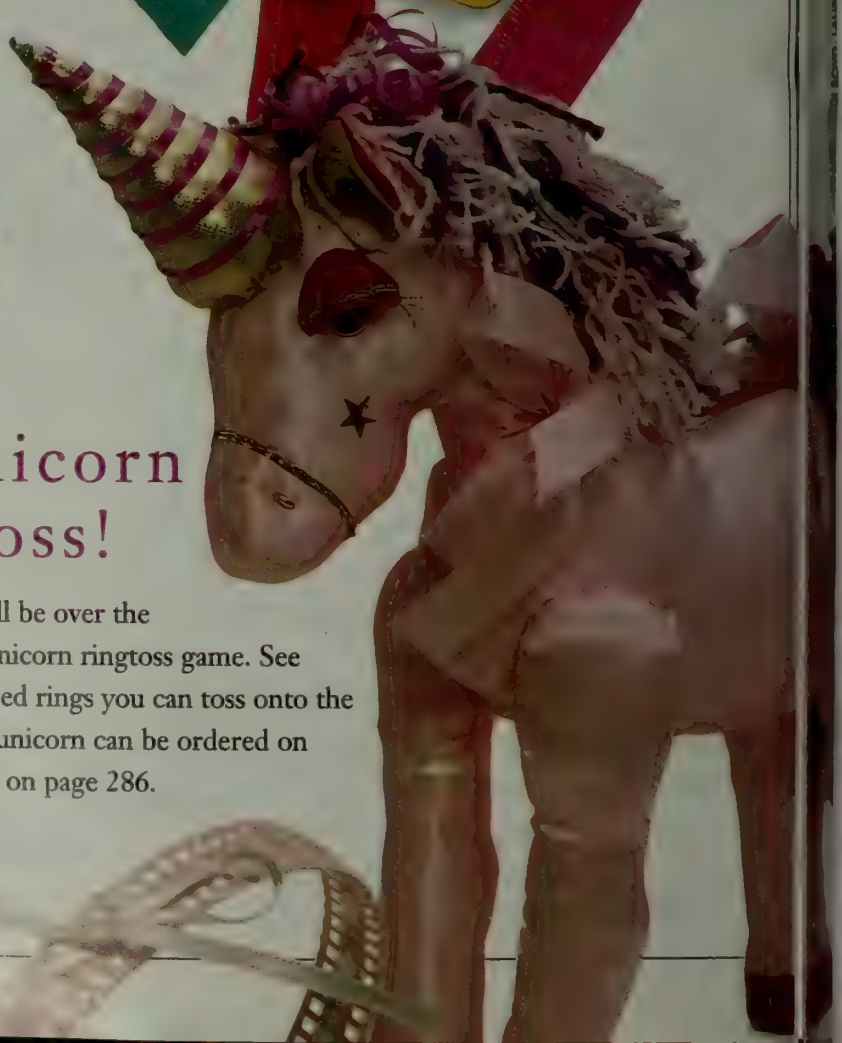
A Rainbows and Unicorns party
is sure to make birthday wishes come true.



Crown of stars and rainbows

Make this simple crown, *right*, for each party guest using star garland and a trailing veil of rainbow-colored crepe paper streamers. The birthday child's crown can be made special by adding extra streamers or by using gold star garland (instead of silver).





Unicorn fun toss!

Your guests will be over the rainbow with a unicorn ringtoss game. See how many ribboned rings you can toss onto the unicorn's horn. The pattern for the stuffed unicorn can be ordered on page 288. Directions for a rainbow cake are on page 286.

continued on page 286



A COWBOY'S ODE TO 100% JUICE

Daniel and David Best
roam the wild west.
Their Juicy Juice along for the ride.
Added sugar? There isn't any.
Vitamin C? Oh, there's plenty.
And this keeps their mother satisfied.



Juicy Juice®

100% juice for 100% kids.

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continued from page 284



Rainbow cake

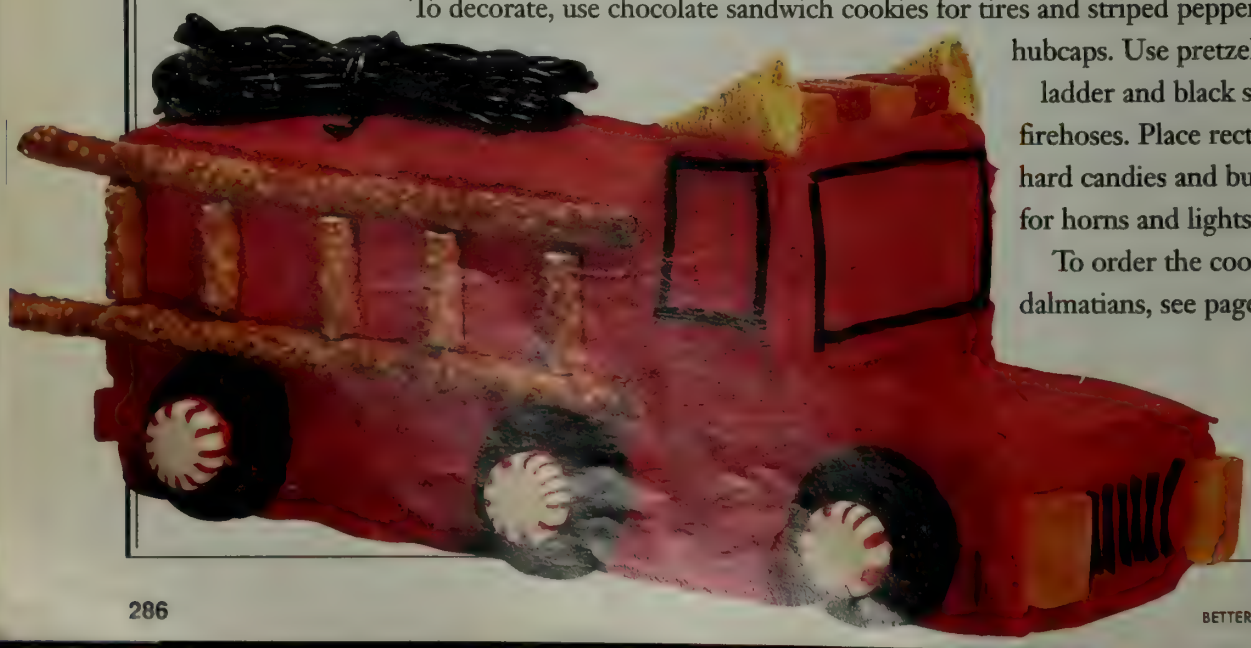
Prepare white two-layer cake mix. Divide batter into four portions. Use food coloring to tint the batter four different colors. Spread one of the colors into the bottoms of two greased and floured 8-inch round pans. Bake at 350° for 12 to 15 minutes or till set. Spread another color of batter on top of the baked layer. Repeat until all layers are baked; cool in pan for 10 minutes. Remove from pans to wire rack. Cool completely. To decorate, frost only the tops of cake rounds. Sprinkle colored sugars on top of frosting. Cut each round into two half-circles. Carefully stand the cakes up onto cut edges. Spread frosting between two half-circles and carefully sandwich them together. Do this with the other two half-circles. Frost rounded tops of cakes. Sprinkle with colored sugar, if desired. Makes 2 rainbow cakes.



Fire truck cake

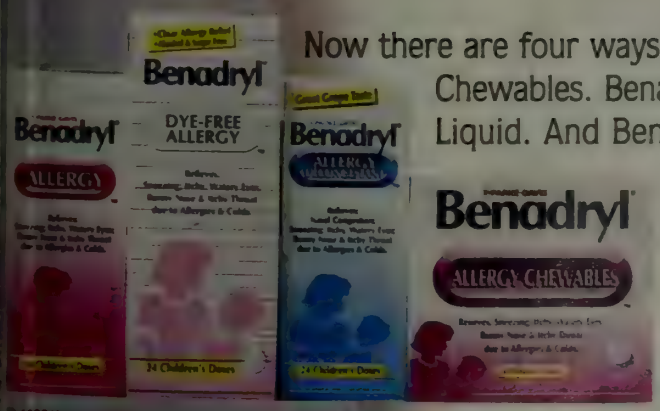
Prepare or purchase 3 pound cakes (about 8×4×3-inches). Trim ends and top to make straight edges. Stack two of the cakes, with frosting between, for back of truck. For cab, cut off one-third of the other cake. Use frosting to attach in an L shape and to attach to back of truck. Frost. To decorate, use chocolate sandwich cookies for tires and striped peppermint candies for hubcaps. Use pretzel logs to make ladder and black string licorice for firehoses. Place rectangular-shaped hard candies and bugle snacks on top for horns and lights.

To order the cookie cutter for the dalmatians, see page 288.





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Now there are four ways to help kids with allergies get back outside. Benadryl Allergy Chewables. Benadryl Allergy Dye-Free Liquid. Benadryl Allergy Decongestant Liquid. And Benadryl Allergy Liquid. Each with the Benadryl Histamine Blocking strength pediatricians recommend most to relieve runny nose, itchy eyes and sneezing. Get Benadryl today. And get your kids back out where they want to be.

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For Kids

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Let the NorthStar Lantern Light Your Way



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For nearly 100 years, The Coleman Company has been helping millions of campers get the most out of the great outdoors by providing the right equipment.

Now, Coleman has taken its most famous product, the lantern, and given it its most significant redesign in decades. The result is the new NorthStar™ 2000 Dual Fuel™ Lantern, the most user-friendly gas lantern ever made.

It's also the brightest Coleman gas lantern ever, more than 20 percent brighter, yet fully adjustable.

The NorthStar features: a push-button electronic ignition for matchless lighting; an easy-to-attach tubular mantle with no strings to tie; a wide, skid-resistant base for stability; a protective globe guard; and a new pump system that indicates when the proper operating pressure has been reached.



Rugged. Dependable. Easy to use. What else would you expect from Coleman?

So the next time you want to brighten up your part of the great outdoors, look to Coleman and the new NorthStar.

Coleman

READER SHOPPING

Birthday Party Celebration Gear

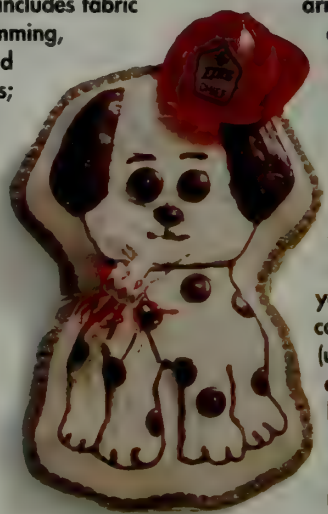
Hey kids! Hey parents! If you liked the birthday party ideas in our BH&G Kids™ feature on pages 280 to 286, you'll love this collection of products that will help you duplicate the ideas in your own home.



This fanciful 18-inch *Unicorn Toy* looks as if it stepped from a fairy tale. Use it as the centerpiece at a birthday party where it can double as a ring-toss game. Available exclusively to the readers of *Better Homes and Gardens*® magazine (not available in stores), this pattern is full-size and includes complete, easy-to-follow instructions for sewing both the unicorn and the ring-toss game rings. The pattern also includes fabric selection tips; trimming, accessorizing, and embellishing ideas; and general doll and toymaking tips. ($11.95)



Fill one of these critters with small toys or candy. Play a taking-turns game to break it open, and watch the excitement when the kids scramble to pick up the spilled goodies. Available by special arrangement with Aztec Imports, you may choose either the *Unicorn Piñata* (20 inches tall) or the *Dalmatian Piñata* (18 inches tall) depending on your party theme. ($14.95 each)



If you've chosen the fireman theme for your party, you'll need the special cake pan shown here (14×10×2) to make your birthday Dalmatian. If you prefer cookies, we include both a 4-inch cutter (used to make the cookies on page 286) and a smaller 1½-inch version to make bite-sized cookies. This entire *Dalmatian Birthday Treats Package* is being made available to readers by special arrangement with Wilton Enterprises. ($18.95)

TO ORDER: All prices shown above include shipping, handling, and applicable sales tax. Call 800/881-4066 to order with your Mastercard, Visa, or American Express card. To order by mail, make a list of the items you would like to order, calculate the total from the prices shown above, and then send the list along with your name, address, and a check or money order for the total amount to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9604, Box 9128, Des Moines, IA 50306-9128.

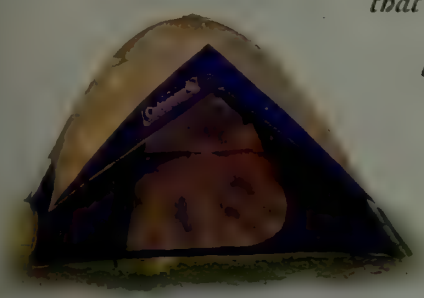


Coleman



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There are things kids need to know in order to function in today's world. Reading. Writing. Arithmetic. Then there are things they need to know in order to enjoy it. Like whether or not trees go to sleep. Or how to properly tell a good campfire story. Nature gives classes like these everyday. And at Coleman, you'll find the proper school supplies. Like our SunDome™ Tent that sleeps five comfortably. Our Off Road Internal Frame Backpack that's rugged, yet still light and comfortable. Or the new NorthStar™ Lantern that fires up with the touch of a button. Find out more. Call 1-800-685-5255 for a free copy of the Coleman® new product guide.

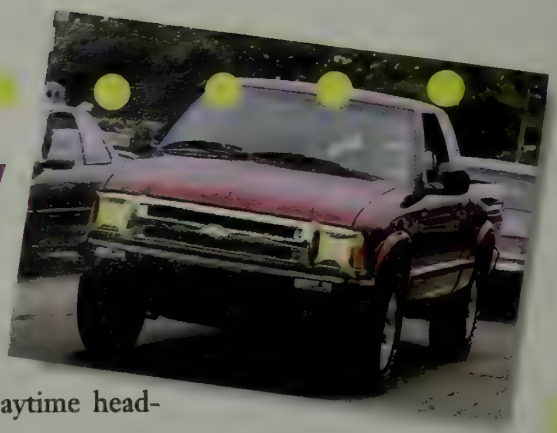




auto update

APRIL

by Lamont Olson



THAT DAYTIME GLOW of oncoming headlights isn't necessarily a motorist trying to warn you of a speed trap. It's probably a new General Motors car with automatic daytime headlights designed to avoid collisions by making the car easier to see. Daytime running lights go on when the ignition is turned on and go out when the key is turned off. American Optometric Association studies show that the lights catch a driver's attention quickly. They'll be standard on all GM cars in 1997 and can be added to any GM car or truck with a dealer kit that costs about $50, plus installation.



PHOTO COURTESY OF FORD MOTOR CO.

YOU'RE NO DUMMY if you drive a car with airbags, according to America's plastic surgeons. The doctors group says that facial injuries and fractures are rare in accidents where air bags are deployed. A four-year study by the American Society of Maxillofacial Surgeons found that in accidents with air bags, only 3.4 percent of patients suffered broken facial bones, compared to 14.4 percent in cars without air bags. With air bags, injuries are less severe. "People who might have had facial injuries, brain injuries, or been killed are walking away with only bruises and cut lips," said Dr. Gregory Borah, the study's chief investigator.

BIGGER IS BETTER WHEN YOU WANT TO BE SAFE

The larger your car, the less likely you are to be hurt if involved in an accident. That's the not-so-shocking conclusion of an insurance claim analysis for 1992-94 models. The list below ranks the best cars by frequency of injuries, with 100 being the average. Low numbers are better. For example, a score of 50 means 50 percent fewer injuries than average.

LARGE 4-DOOR CARS

1. Chrysler Concorde 53
2. Buick LeSabre 53
3. Oldsmobile Ninety-Eight 54
4. Buick Park Avenue 54
5. Buick Roadmaster 56

MIDSIZE 4-DOOR CARS

1. Oldsmobile Cutlass Supreme 57
2. Volvo 850 63
3. Buick Regal 69
4. Pontiac Grand Prix 69
5. Oldsmobile Cutlass Ciera 70

SMALL 4-DOOR CARS

1. Ford Escort 118
2. Geo Prizm 127
3. Volkswagen Jetta III 132
4. Subaru Impreza 136
5. Mazda Protegé 140

MIDSIZE SPORT UTILITIES

1. GMC Yukon 4x4 46
2. Toyota Land Cruiser 52
3. Chevrolet K1500 Blazer 54
4. Ford Explorer 4-door 4x4 60
5. Ford Explorer 2-door 4x4 62

VANS AND WAGONS

1. Buick Estate Wagon 41
2. Chrysler Town & Country 51
3. Dodge Caravan 4 wheel drive 52
4. Chevrolet Caprice 56
5. Mercury Villager 57

SMALL PICKUPS

1. Chevrolet T-10 4x4 70
2. Ford Ranger 4x4 75
3. GMC T15 2-door 4x4 77
4. Mazda regular/extended cab 4x4 80
5. Dodge Dakota 80

For all passenger cars, scores ranged from a best of 42 for the large Mercedes S Class to a worst of 233 for the Hyundai Scoupe, a small two-door. Source: Highway Loss Data Institute

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Better Homes and Gardens

home and family

information guide

You can get useful ideas and product information by mail. Use the coupon in this section to order your choice of literature listed below.

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ANDERSEN® WINDOW AND PATIO DOOR FACT-BOOK—offers ideas for creating distinctive Feature Windows and Patio Doors from Andersen's wide variety of standard shapes & sizes. Includes basic size charts, energy facts, tips for drawing and planning a project, choosing a contractor and more. It's a great resource for building or remodeling projects. ANDERSEN WINDOWS, INC. FREE. Circle No. 2.

SOLARIAN COLLECTION IDEA BOOK—Beautiful rooms start at your feet and our free book makes it easy to create the look you want by showing you distinctive floors and fresh ideas. ARMSTRONG WORLD INDUSTRIES, INC. FREE. Circle No. 3.

ASKO APPLIANCES—Full-color brochure on complete line. Dishwashers have stainless steel interiors and are designed for superior quietness. Patented cleaning system achieves sparkling results while using only about half the water. Washers and dryers are front-loading with tumble-action and stainless steel interiors that are gentler to clothing. Washers save around 15,000 gallons of water annually, yet produce noticeably cleaner clothes. ASKO APPLIANCES. FREE. Circle No. 4.

DUPONT CORIAN®—Elegant and affordable design for kitchen and bath. Free color brochure with photographs and suggestions for beautiful and practical ways to use Corian®. DUPONT CORIAN. FREE. Circle No. 5.

HEAT-N-GLO FIREPLACE PRODUCTS—Looking for quality fireplaces that combine efficiency and aesthetics? Send for our brochure on energy-saving built-in gas or woodburning fireplaces. Including see-thru, three and four sided glass fireplaces, inserts for pre-existing fireplaces or our direct-vent (no chimney) gas fireplace available with remote control. HEAT-N-GLO FIREPLACE PRODUCTS. FREE. Circle No. 6.

KARASTAN—Karastan Sisal Wool combines the look of sisal with the soft feel of pure wool. Send $3.00 for a full-color brochure. KARASTAN. $3.00. Circle No. 7.

KOHLER—A complete set of full-color product catalogs covering baths and whirlpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets and accessories plus a color idea book. KOHLER CO. $8.00. Circle No. 8.

LARSON STORM DOORS—Larson Manufacturing offers a wide selection of quality crafted storm-screen doors to enhance the appearance of your home. Free brochure. LARSON STORM DOORS. FREE. Circle No. 9.

MANNINGTON RESILIENT FLOORING—If you are looking for flooring that adds style, quality and matchless beauty to your home, it must be Mannington. Receive a full-color brochure and the location of the nearest Mannington dealer. MANNINGTON. FREE. Circle No. 10.

"Made To Order from Marvin"—illustrates how made-to-order wood windows and doors can enhance a home. Full-color, 24-page brochure helps you determine your needs for energy e ciency, maintenance and architectural design, t choose the products and options to suit th needs. Includes a section describing basic win and door styles. MARVIN WINDOWS. FREE. Ci No. 11.

MERILLAT'S NEW KITCHEN DESIGN & PL NING KIT—Design like a professional, inclu everything you need for complete kitchen planni Easy-to-follow instructions, decorating ideas, l out tools and specification brochures. MERILL INDUSTRIES, INC. $8.00. Circle No. 12.

NATIONAL SPA AND POOL INSTITUTE—F swimming pool and spa information—full-co brochures offer ideas for choosing a swimm pool or spa to fit your lifestyle and budget; ad for enjoying your pool/spa safely; maintena options and color photos of different types pools and spas for nearly every backya NATIONAL SPA AND POOL INSTITUTE. FR Circle No. 13.

PEACHTREE DOOR & WINDOW BROCHURE—Send for Peachtree's new, free, 24-page broch The full-color piece details full line of Peacht insulated entry door systems, Ariel pre-finis custom and standard windows, and complete p door line. Technical data included. All products covered with Peachtree's exclusive Non-S Warranty. PEACHTREE DOORS & WINDO FREE. Circle No. 14.

PELLA® WINDOWS AND DOORS—"Mak Great Window Decisions," a 24-page, full-c guide for those who plan to build or remod home. Learn how to compare and evaluate a w dow's beauty, energy-efficiency, options, durabi service and installation. PELLA CORPORATI FREE. Circle No. 15.

Better Homes and Gardens

RGO LAMINATE FLOOR—A free four color chure features Pergo's more than 30 beautiful signs and colors in a variety of eye catching tings. PERGO. FREE. Circle No. 16.

AYNOR GARAGE DOORS—Raynor Total stem Warranty—The Raynor ShowCase rage Door with the Enduracote System rdware and garage door opener is the only rage door opener system with every component rranted for as long as you own your home. ailable in five designer colors including our w natural ClayTone. RAYNOR GARAGE ORS. FREE. Circle No. 17.

ELUX ROOF WINDOWS AND SKYLIGHTS—ee brochure features helpful information and sign ideas for creating beautiful light-filled liv- spaces. Send for free copy. VELUX-AMERI- A. FREE. Circle No. 18.

LIMINATE BATHROOM MILDEW WITH ERMA-WHITE PAINT—5-year guarantee! A gh-performance, low-odor, water-based paint at withstands humidity, prevents blistering and eeling. Provides a decorative, washable, and crubbable finish, in satin or semi-gloss. Application booklet. WM. ZINSSER & CO. FREE. Circle No. 19.

YORK WALLCOVERINGS—Send for a free decorating brochure of wallcoverings, borders and fabrics. YORK WALLCOVERINGS. FREE. Circle No. 20.

FURNISHINGS

BROYHILL SMART BUYS LITERATURE COLLECTION—A complete collection of full-color brochures featuring a wide range of furniture styles and finishes to beautify your home. BROYHILL FURNITURE. $10.00. Circle No. 21.

CEILING FANS—A 48-page, 4-color booklet describes what features to look for before buying a fan and illustrates Hunter's line of quiet ceiling fans. Common problems are exposed with Hunter solutions. There are over 100 different fan styles and sizes with over 100 decorative fan light fixtures and glassware. HUNTER FAN COMPANY. FREE. Circle No. 22.

DO-IT-YOURSELF AND SAVE WITH SAUDER FURNITURE—Ready-to-assemble solutions to furnishing your home the smart and practical way. Two free 16-page brochures introduce you to our unique heritage and our full line of beautiful and affordable furniture in a wide variety of styles. SAUDER WOODWORKING CO. FREE. Circle No. 23.

HEALTH

ALLERGY NEWSLETTER—Learn how to control your seasonal allergies better—get helpful facts and tips in our Allerdays newsletter and brochure. FREE. Circle No. 24.

AMERICAN ASSOCIATION OF ORTHODONTISTS—For free information on orthodontics for adults and children, and a list of AAO-member orthodontists in your area. AMERICAN ASSOCIATION OF ORTHODONTISTS. FREE. Circle No. 25.

THE SCHERING/KEY GUIDE TO SEASONAL NASAL ALLERGIES—Clear days are here for seasonal nasal allergy sufferers. FREE brochure discusses seasonal nasal allergies and treatment options. It's all here in The Schering/Key Guide to Seasonal Nasal Allergies. SCHERING. FREE. Circle No. 26.

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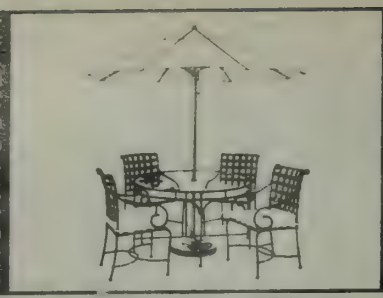
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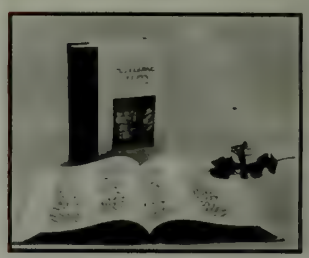
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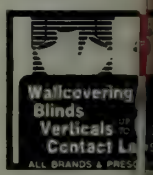
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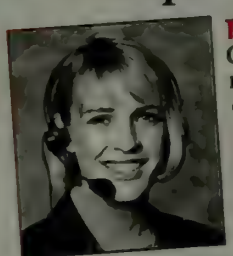
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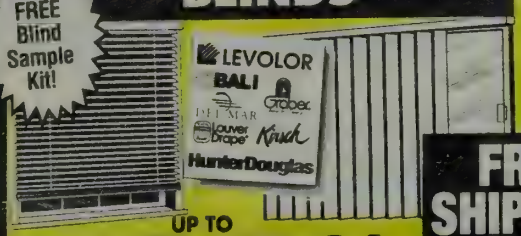
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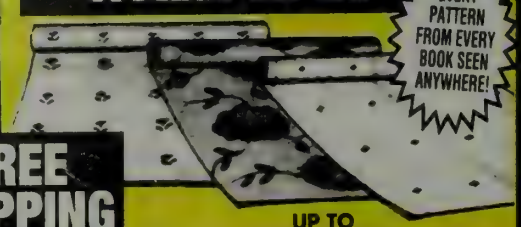


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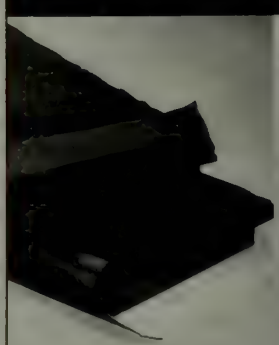
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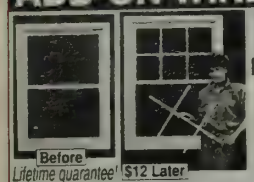
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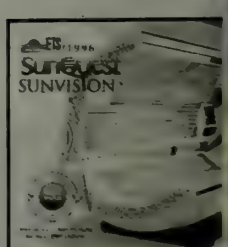
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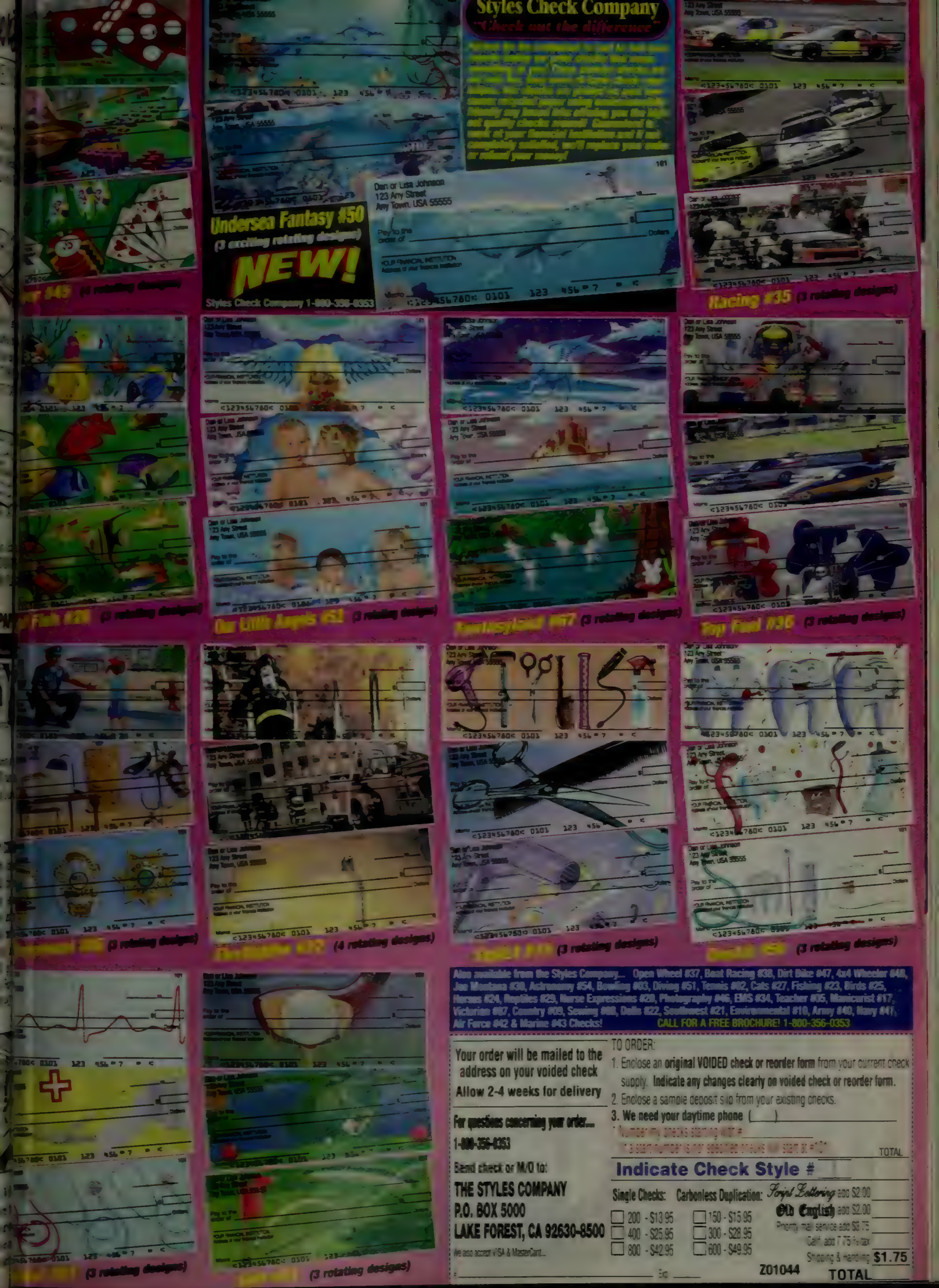
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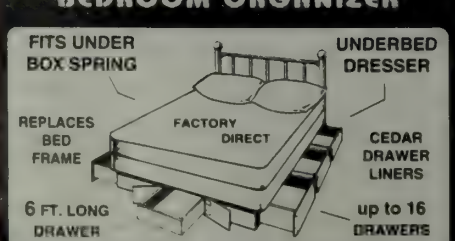
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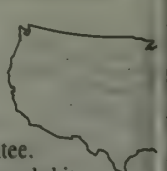
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Christine and I frequently remind our Judy to get an early start on her homework. Judy, who likes to consider all aspects of a problem, thinks the situation could be easily resolved by a later bedtime.

Lee Bayless claims the principal reason one must be wealthy to qualify as a member of today's jet set is the current prices at the airport restaurants and shops.

Ned Carter claims that the best thing about going through life with a pessimistic attitude is that you're either always proven right or you're pleasantly surprised.

Congressman Nick Hanfli says that one of the problems with Washington is that "it's always mighty eager to lend you a helping hand to get across the street, but then it won't let go when you want to walk around the block on your own."



"Look, dear, one of the first signs of spring."

Burt Jr. is beginning to suspect that the chief difference between high school athletes and some of their professional counterparts is that the high-schoolers, while smaller in stature, are often more mature.

"The power of prayer usually works best," the Rev. George Hall declared last Sunday, "when the petitioner also pays some attention to what he or she is seeking and silently resolves to try to do a little something about it."

The latest blockbuster release at the local theater failed to impress Grandpa Hillis. He said the most exciting thing about the outing was discovering the theater had lower popcorn prices for senior citizens.

Folks often ask Ed Begley what prompted him to leave the excitement of New York City a few years ago and settle in our quiet town. He says he was just looking for a parking place and decided to keep the first one he could find.

~With Rosemary home from college last weekend, we decided at the last minute to cook a special Sunday brunch, but Christine discovered we were short on some menu essentials.

No problem. We headed for the 24-hour grocery store and I found the ATM machine while Chris and the kids hunted for food.

Later, as we sat around the kitchen table, Chris marveled at such convenience. When she was a girl, she told the kids, you did your weekend grocery shopping on Saturday or not at all. And I recalled that not too long ago doing business at the bank was out of the question after 4 p.m. on Fridays.

Burt Jr. marveled at how stores would be closed for "a whole day," but Rosemary said she didn't see today's increased customer service as any earth-shaking sociological shift.

"I've always been able to get 24-hour service," she declared. "It's at a place called mom and dad's."

Burton Hillis

May
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trawberry desserts

cious taste without all the fat p. 228

ECIAL GARDEN SECTION

wo-way gardens p. 173

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HEAVENLY CHEESECAKE

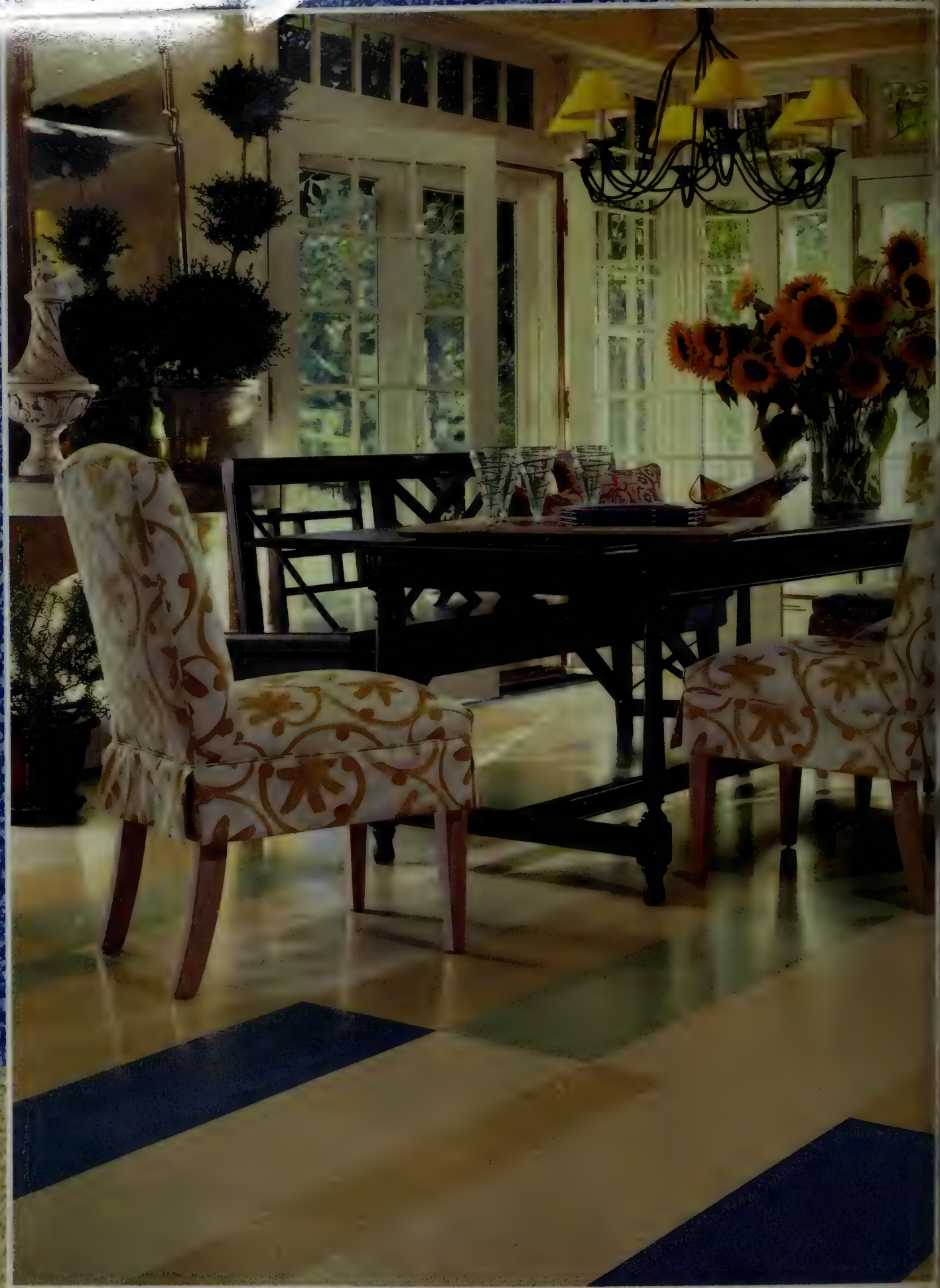
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nt-porch charm for a in suburban home p. 187

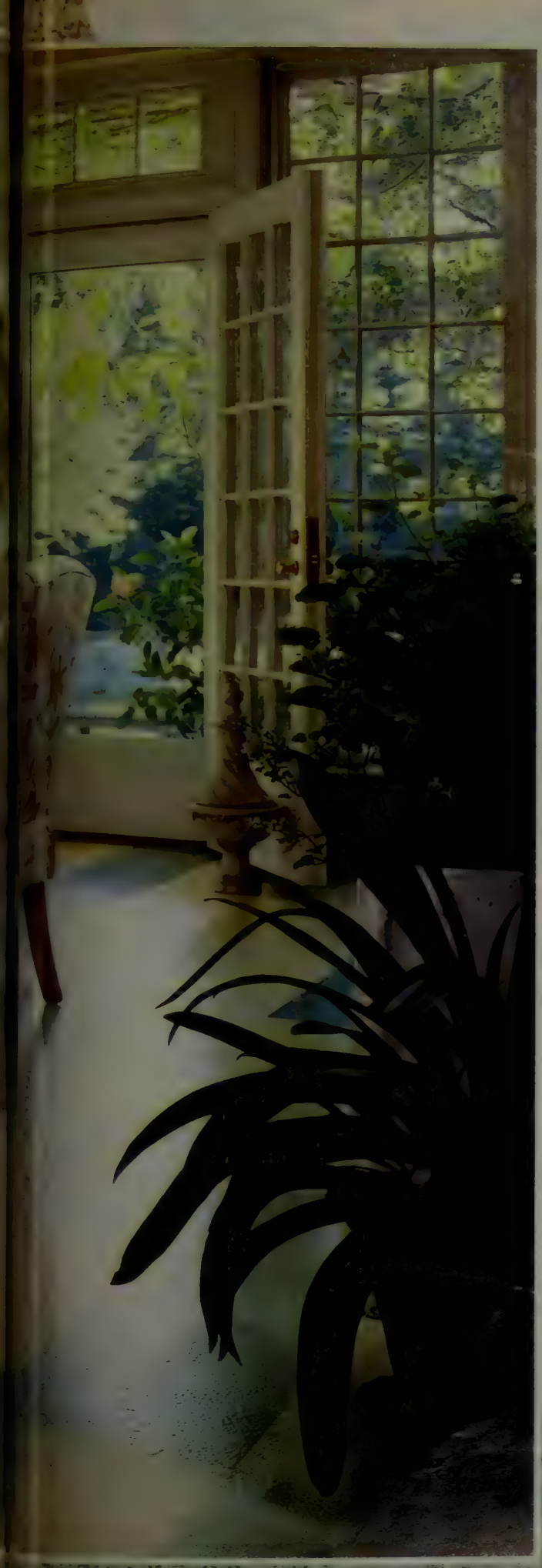
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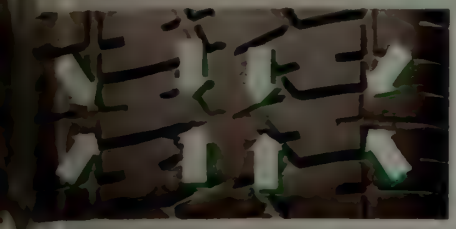
Lorianne Crook, co-host of the hit television show, "Crook & Chase."

"Well, certainly, times have changed. You've grown – and so has your need to find a dependable tire to carry you through your busy day. But which one? All-season? Performance? Or off-road? And what size? If you're like millions of women across America, you might not know where to turn for help.

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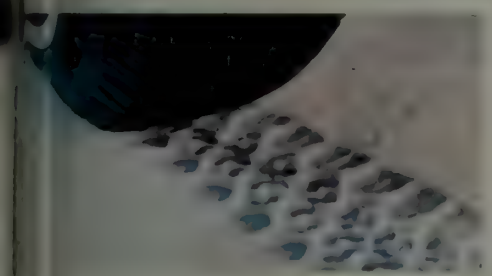
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The Traditionalist
Most sedan, station wagon and mini van owners look for tires that will deliver the most comfortable ride along with the highest mileage.

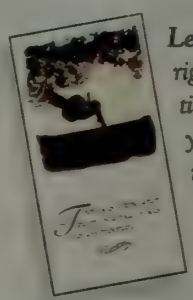
An all-season tire is your best bet for year-round driving. And at Kelly, we have a wide variety of all-season radials, including the Aqua Tour, with an 80,000-mile limited warranty. Also ask to see the Aqua Mark or Navigator 800S, with 60,000-mile limited warranties. If your car is older, and value is your main concern, you might prefer the economical Explorer.



The Trend-Setters
Today's pickups, 4x4s and sport utility vehicles are now a major driving force for women on the go.

In this category, you have two choices. If you stay mainly on city streets and highways, but take an occasional off-road adventure or need extra traction in mud or snow, there are all-terrain tires. Kelly offers the Safari AWR and Safari SJR for this type of driving.

If your travels call for more frequent off-road adventure or you carry heavy loads, you'll want the added durability of a light truck tire made for on- and off-road use. Ask to see the Kelly Safari DTR or the Safari MSR.



Let Kelly be your guide! Once you've found the right tires, it's important to keep them in good condition to ensure the longest life possible. To help, you're invited to stop by any Kelly Dealer and pick up a free tire guide that's full of helpful tire tips.

With the proper care, your next set of tires will be around for many miles to come. Happy driving!

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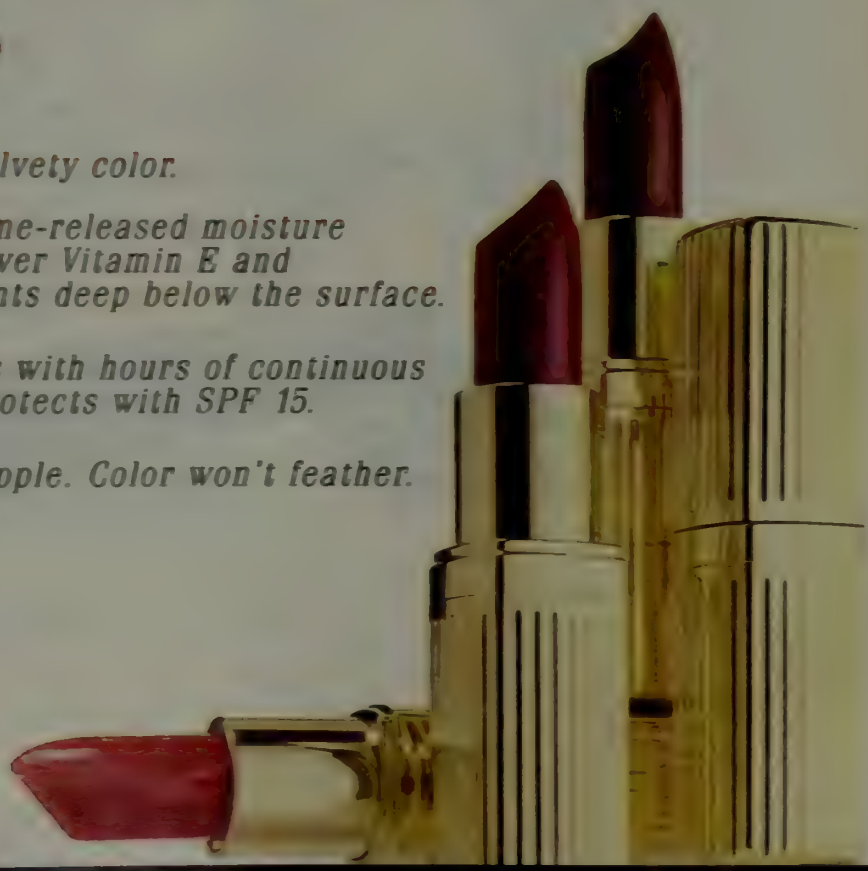
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CONTENTS

May 1996

VOLUME 74 NUMBER 5

228
On the Cover: Strawberry Dreams—
Luscious, guilt-free desserts, including cheesecake





187
Country in the 'Burbs
Turning a suburban home into a rural oasis

161
Container Gardening
Portable color for your yard—sun or shade





201
Kitchens with Character
A pair of kitchens with appetizing ingredients

FRIENDS AND FAMILY

Editor's Letter 14
Family Network® *Readers' solutions to family problems* 24
Mother's Day Gift Ideas 60
BH&G Kids® *May baskets* 273
The Man Next Door® *Writes about family, friends, and neighbors* 286

GARDENING

Gardener's Almanac *A trio of perennial bloomers for sun* 132
Healthy Harvest *Bigger yields from the vegetable patch* 140
Container Gardening *A profusion of potted landscapes* 161
The Two-Way Front Yard *A treat for you and the neighborhood* 173

DESIGN

Style in the Making® *Create cornices to give your windows a lift* 33
When Opposites Attract *Decorating with complementary colors* 127
Shelf Borders *Creative couplings for your walls* 128
The Decorating Shop *Seed packet samplers to stitch yourself* 130
Country in the 'Burbs *Down-home style for a new house* 187

continued on page 10

Cover Photograph: Joan Wander Schurr; Food Stylist: Susan Brown Draudt.

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continued from page 9



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BUILDING

Remodeling for a Healthy Home 43
Quality Home Plan *Distinguished and stately* 114
Enter Our 1996 Home Improvement Contest 117
Kitchens with Character *Two tasty kitchens* 201
Tips, Tools, & Techniques 270

FAMILY MATTERS

Our Environment *An environmentally healthy lawn* 58
Parenting *"Hey, Mom! Get a life!"* 106
Education *A change of schedule* 108
Your Family Car *Minivan favorites* 280

HEALTH

Health Update *News that works for you* 64
Calcium and Antacids 76
Good Food/Good Health *Eating to beat the blues* 78
Healing Hands *The power of touch therapy* 82
Walk Your Way to a Better Body 92

FOOD

Big Flavors in Small Packages *Meet some grand new flavors* 214
Win Money and Prizes for Your Recipes 227
Strawberry Dreams *Celebrate spring with our new desserts* 228
Outdoor Gatherings *Your guide to planning a party* 234
Nutrition Information 255
The Clever Cook™ 260
Go for the Gold *Caramel crunch ice-cream sauce* 260
Crawfish Tales *A Cajun-style feast at home* 262
Prize Tested Recipes® *Steaks and Chops, Special Cheesecakes* 265
Soda Fountain Favorites *Reminisce and sip away* 268

SHOPPING

Buying Guide *Names and addresses of retailers and manufacturers* 122
Directory of Architects and Designers 124
Reader Shopping
Healthy House Remodeling (Books) 55
Advice for Busy Parents (Book) 112
Editor's Choice Spring Perennials Collection 132
No-Sew Window Cornice Kit 136
Garden Sampler Kit 136
New Landscaping (Book) 171
Summer Reading Packs for BH&G Kids™ (Books) 271
The Shopper's Mart 282

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DO YOU WASH THE DISHES *before* YOU WASH THE DISHES?

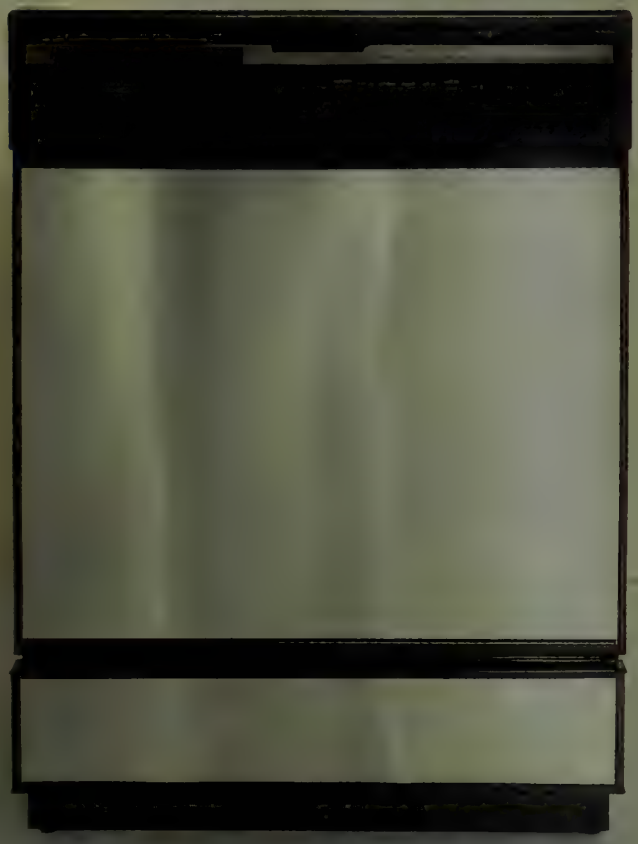


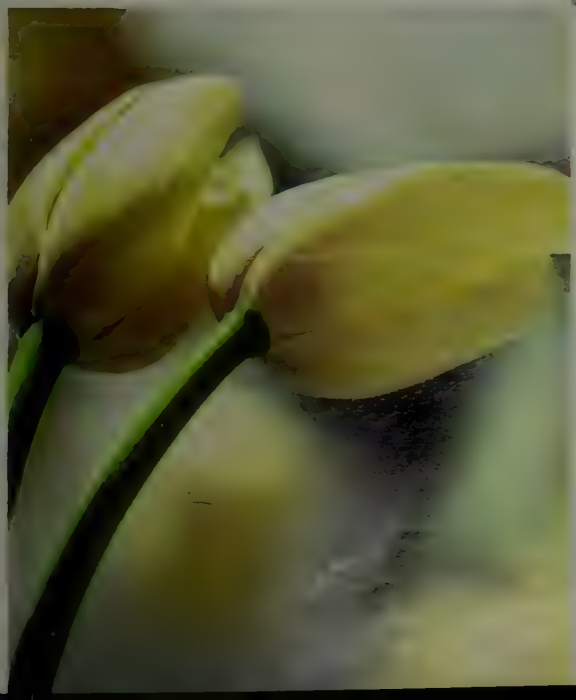
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ANDY LYONS

Piece by piece, block by block, quilts become works of art—telling stories or sharing memories through bits of colored, patterned fabric. Not long ago I was invited to judge a quilt contest sponsored by one of our *Better Homes and Gardens*® magazines, *American Patchwork and Quilting*™. As I wandered from quilt to quilt, clipboard in hand, I was amazed at the craftsmanship and exquisite beauty of each entry.

I also was stunned by the contrast between these magnificent decorative quilts and the quilts I grew up with. Ours were humble—simple blocks of fabric sewn together for the sole purpose of keeping us snugly warm and protected against winter's cold.

Then, the more I thought about our home-on-the-farm quilts and these pieces of "fabric art" I was judging, I realized they actually had a lot in common. These quilts, too, will be providing protection and warmth. The winning designs are being made into note cards to be sold through our magazines, and a part of each sale goes to the Better Homes® Fund, which helps homeless families. (To order, see *page 60.*)

On that same page, you also will find Mother's Day gifts, and they, too, contribute to the caring work of the Better Homes Fund.

All of us want to make sure our families are protected, warm, and snuggled in their own little beds. Let's also help homeless parents give *their* families that same security and protection.

Warmth doesn't come only from quilts.

Jean LemMon

Jean LemMon, *Editor in Chief*


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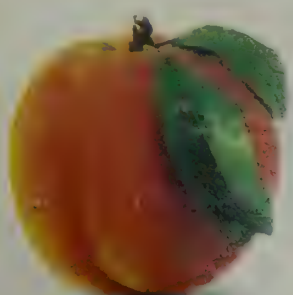


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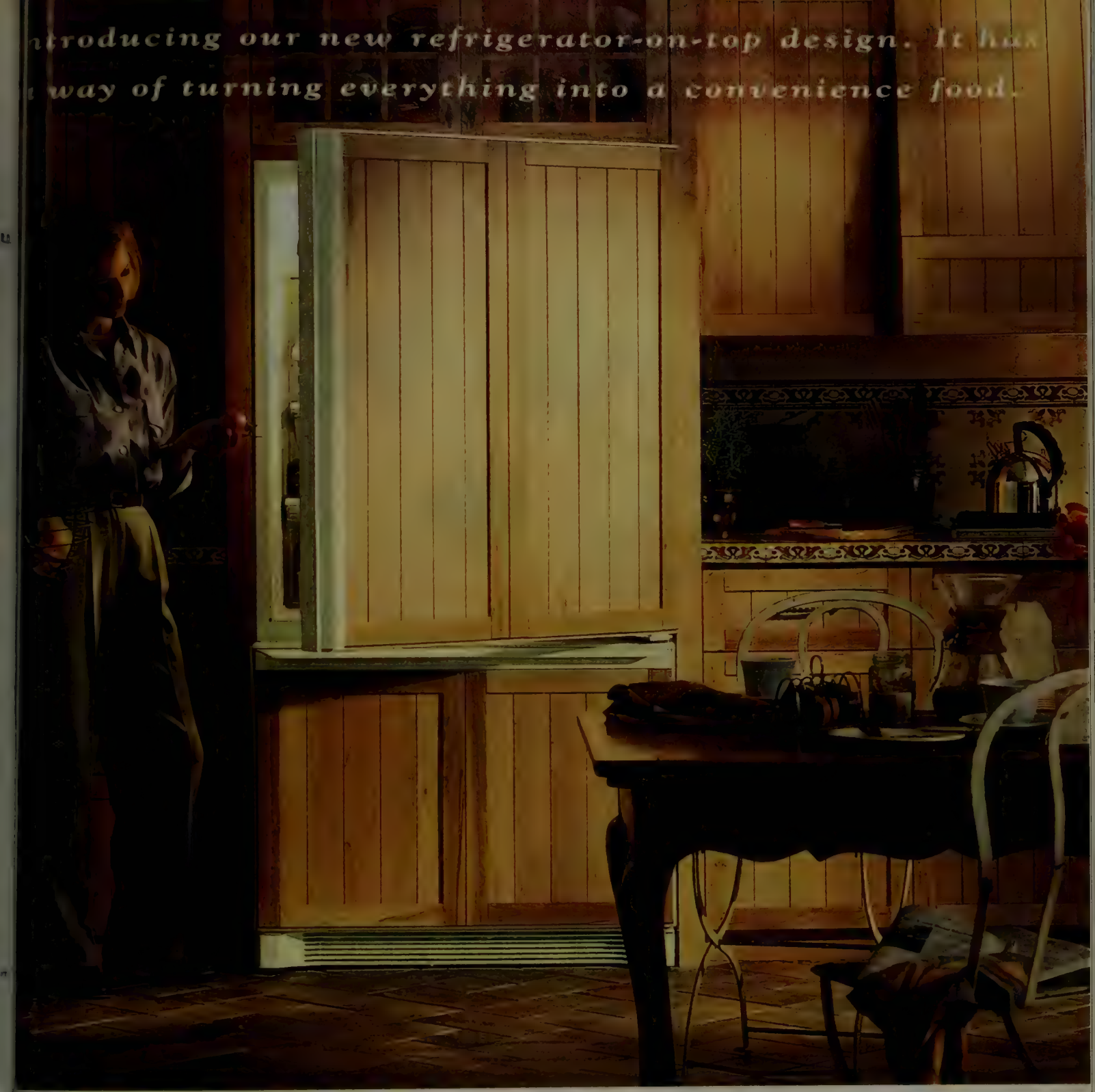
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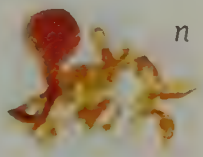
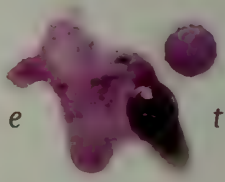
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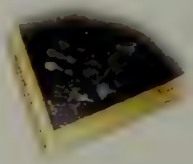
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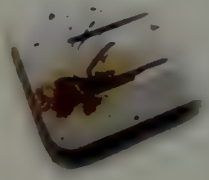


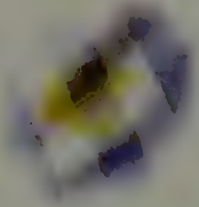
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Donna Ferrier
Nashville, Tenn.

TEEN PARTY

When our daughter turned 14, we offered to take her and a friend to dinner. We secretly contacted her friend and arranged to have several other girlfriends meet them at the restaurant. We gave her friend enough money to pay for the meal and left them alone to dine with their friends. Our daughter was surprised and pleased by the grown-up party with her friends.

Lisa Minnick
Mt. Pleasant, S.C.

USEFUL TEACHER GIFT

Rather than give my child's teacher a traditional gift this year, I adopted a manatee on behalf of her class. For a $10 fee, I purchased a Save the Manatee Club membership for the class. They received a detailed history of their pet, a fact sheet, and an adoption certificate. This is a great learning opportunity.

Shari Vander Veer
Plainwell, Mich.

FAMILY RECORD BOOK

Our family is making our own record book: a notebook where we can record an event, date, the record and the signature of a witness. Other family members may then compete and record their scores. Entries include car competitions (most Volkswagens found in a day), rainy-day contests (longest breath held), silly things (strangest place to lose a tooth), and family events (first person to get chicken pox). Everyone is the champion of something.

Nancy L. Mullin
Kingston, Wash.

PLAN VACATION TOGETHER

Bickering kids threatened to turn our vacation into an unhappy mess. To avoid further arguing about what to see and do, we held a family meeting where everyone was allowed to choose an activity. Using this realistic daily plan, each day went smoothly and without whining. We all tried new things suggested by others.

Barbara Pearce
Cleveland, Mo.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*. We will pay $50 for each idea published if you provide your Social Security number.


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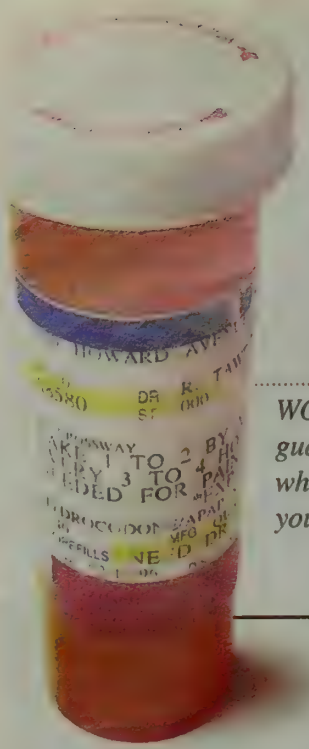


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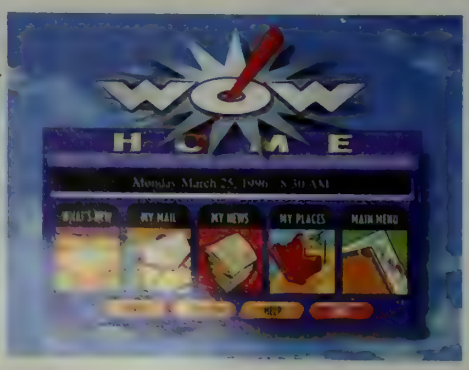
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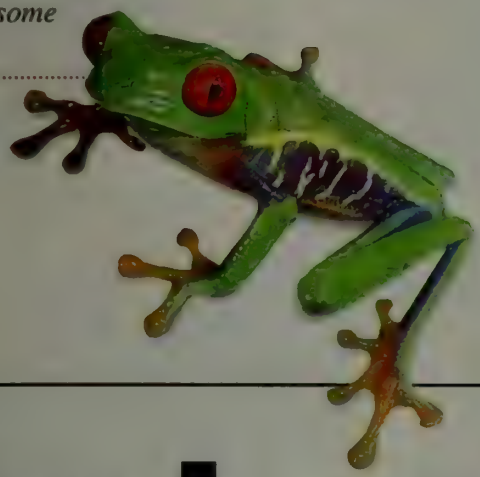
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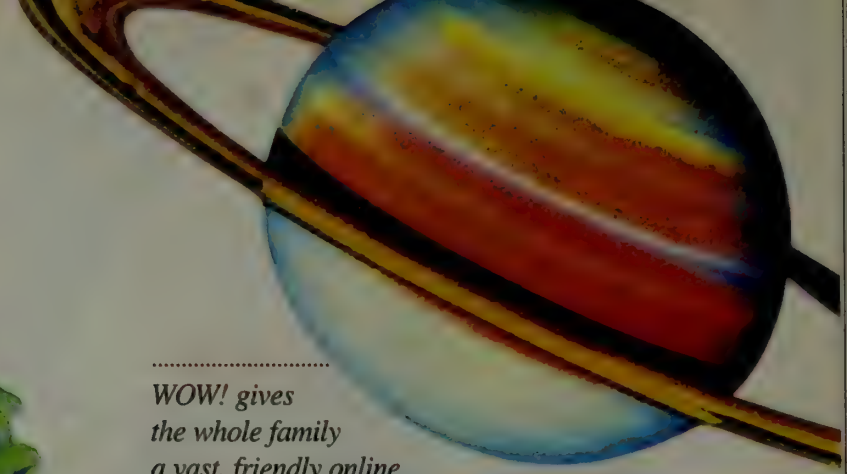
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☐ Windows 95 ☐ Windows 3.1
☐ Macintosh ☐ DOS ☐ other _____

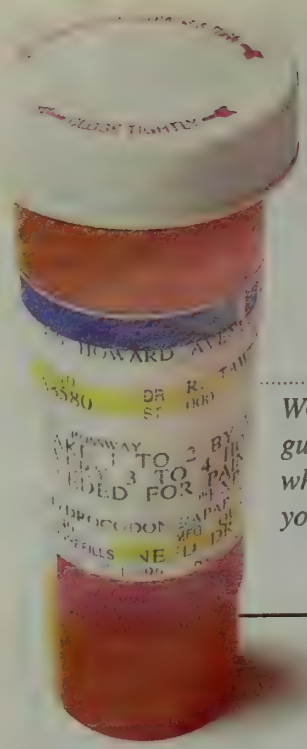
What is your modem's speed?
☐ 2400 ☐ 9600
☐ 14.4k ☐ 28.8k

Do you have a CD-ROM drive?
☐ yes ☐ no

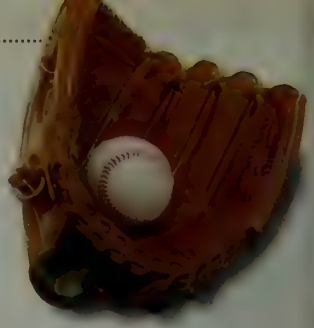
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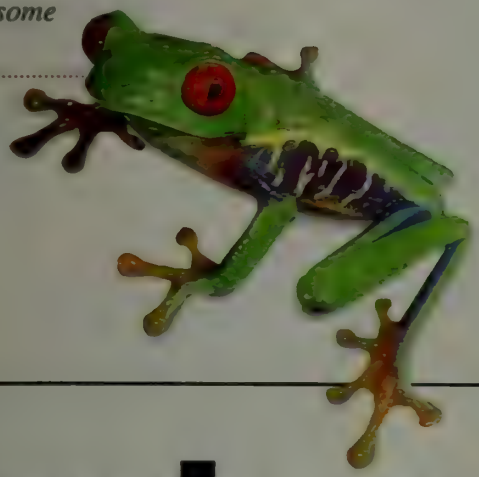
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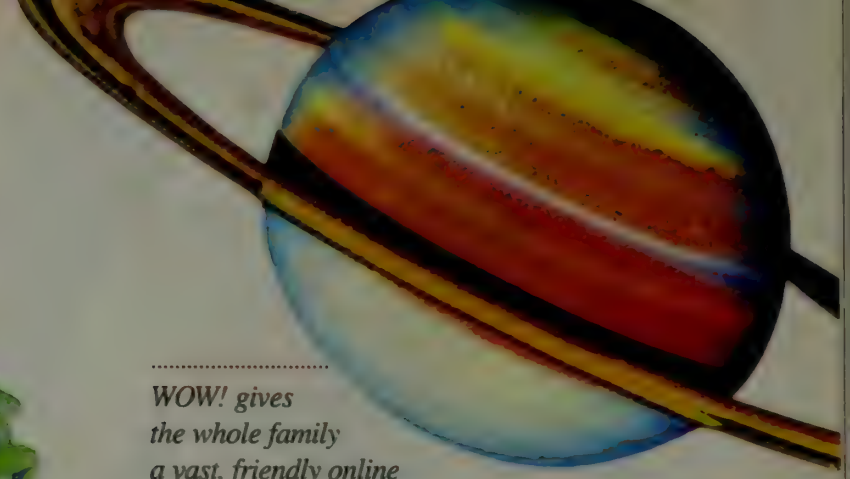
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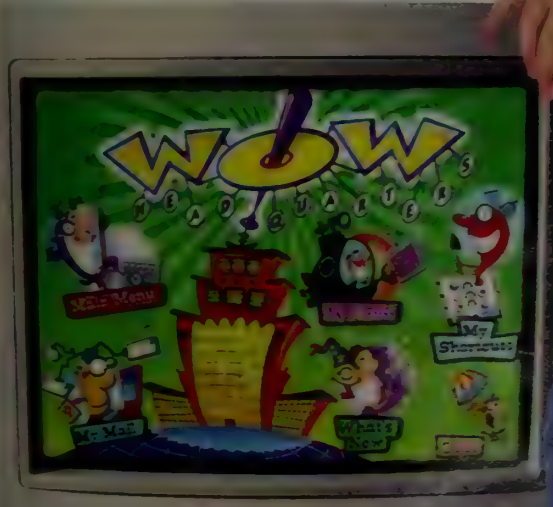


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proper toppers

Cap your windows with colorful cornices. These curtain toppers do more than cover installation hardware—they link your wall to your window treatment with style.



Customize your windows and walls with a cornice that mimics your wallpaper border. Here, checks from the wall's pattern cover the wooden cornice; cutouts from the border add the accents. For more clever customization, a companion check edges floral curtains and forms a window shade.

BEYOND THE BORDER

Most cornices have four parts: the face board that forms the flat front of the cornice, a narrow dust board that covers the top, and two end boards that close up the sides.

To make a basic wooden cornice, cut a face board from half-inch pine. This one measures 14 inches tall by the window's width from outside edge to outside edge, plus 1 inch to accommodate end boards. (For more information on determining a cornice's height, *see page 36.*) Cut two end boards, 4×14 inches. Cut a dust board 4½ inches deep and face-board width. Assemble the cornice into a box shape using wood screws and corner brackets. Prime the box with white paint, then paint it or wallpaper it (as shown *above*).

To embellish the basic box, cut a 2½-inch-wide chair-rail molding to fit the top of the cornice, mitering the corners. Cut 1⅜-inch-wide base molding to fit the bottom. Paint the moldings, then attach them to the cornice with finishing nails. For more fun, cut designs from a coordinating wallpaper border using a crafts knife, then adhere the motifs to the cornice using vinyl-to-vinyl wallpaper adhesive, centering the designs between the moldings. Attach the cornice to the wall with wood screws and angle brackets so the dust board fits above the window's top. *continued on page 34*

proper toppers

Rose-printed chintz covers a cornice with gentle curves along the bottom edge. A kit with foam boards, a shaped pattern, and acrylic hardware makes this topper especially easy.



BLOOMIN' BEAUTY

Cornice kits (at fabric stores or order by mail, *page 136*) make topping your panes, well, painless. Following the kit's instructions, cut the foam pieces to fit your window and assemble them. Use the pattern to shape the lower edge. (If you aren't using the kit, cut the cornice from wood and assemble it as described *on page 33.*) Select fabrics and trims that coordinate with your scheme to personalize the project.

To dress the cornice, cut polyester quilt batting (medium loft) about six inches larger than the cornice on all sides. Cut your fabric the same size. Using pins, a high-temperature hot-glue gun, or fabric glue, attach the batting to the cornice. Wrap the excess batting around to the back of the cornice and pin or glue it in place. Next, wrap the fabric tautly around the cornice and batting, clipping and folding fabric as needed for smooth edges. Pin or glue it in place. Pin or glue upholstery cording along the upper and lower edges for a finished look. Hang the cornice above the window according to the manufacturer's directions or according to the instructions *on page 33.* **Design hint:** To make your windows look taller, mount the cornice well above the window—this gives the illusion that the windows are generally more graceful.

continued on page 3

IN CASE OF CHOCOLATE EMERGENCY, PULL TAB.



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proper toppers

The fabric design calls the shots here—the points are formed by the material's diagonal check pattern. Playful ball fringe gives the treatment weight and defines the fun edge.



POINTED PERFECT

For this easy topper, the fabric itself forms the cornice. You will only need to cut a 3-inch-deep dust board that is as wide as your window. To decide how tall to make a cornice, tape your fabric above the window, then stand back to see what proportion looks the best. Many cornices measure 10 to 15 inches high, but your fabric, colors, window size, and room dimensions will all help determine the most pleasing proportions for your windows. In general, a cornice that's about one-third of the window's height looks best. Heavy or bright fabrics might need a narrower cornice; toppers combined with floor-length draperies will need more height.

Cut out fabric to form the face and ends, adding ½ inch to all edges for seaming. Cut a fabric lining the same size. Sew the lining to the fabric, right sides together, leaving an opening for turning. Trim seams, clip corners, turn, press, and slip-stitch the opening closed. Sew or glue fringe to the lower edge. Center fabric on the dust board, smooth front-facing fabric over the top of the board, and staple. Fold the end fabric over the top gift-wrap style for smooth corners. Glue cording to the top edge, then mount the board to the window trim with screws or to the wall above the window using "L" brackets.

continued on page 38


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and
Body
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one
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proper toppers

Triple-decked trims and checks of paint add lots of life to a geometric window topper. The curtain fabric is sponge-painted in reverse colors, making a completely custom look.



CHECKED MATES

For this cornice, cut the face board 17 inches high by the window width (*see page 33*). Draw the stair-step shape of the bottom edge on the face board, based on a 3-inch square. (See both photographs *above*.) Cut out the bottom edge and assemble the cornice according to the directions *on page 33*. Prime the cornice and paint it with latex or acrylic paint in a color that coordinates with your room. Starting at the bottom and using a hard lead pencil, draw very light horizontal guidelines on the face and end boards, spacing the lines three inches apart. Cut a 3-inch square from a cellulose sponge. Wet the sponge with warm water, then wring it completely dry. Pour latex or acrylic paint onto a paper plate. Dip the sponge into the paint, then blot it onto another plate to remove most of the paint. Starting at the bottom of the face, sponge on squares checkerboard style.

Cut two lengths of readymade glass-bead trim and one of dentil molding to fit the upper edge of the cornice, mitering the corners. Paint the glass bead and the dentil molding in contrasting colors. Attach the moldings to the upper edge and hang the cornice (as described *on page 33*).

Prewash solid-color curtain fabric. Do not use fabric softener. Cut another 3-inch sponge. Sponge-paint the fabric in contrasting checks with fabric paint. After the paint dries, iron the fabric on the wrong side to heat-set the paint. Sew the fabric into curtains; edge with contrasting fabric.

Buying information, page 122



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a swimsuit, there
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Remodeling for a healthy home



Air-to-air heat exchangers ventilate the living spaces with a fresh supply of outdoor air while capturing heat energy from the stale indoor air before exhausting it to the outdoors.

To help eliminate moisture problems in the basement and the crawl space, the yard was regraded near the foundation, and the drainage system was extended with extra gutters and downspouts.

A new deck helps blend the family room addition, *left*, with the main structure, *right*. The deck was constructed with inert, plastic-infused lumber. Unlike pressure-treated lumber, it does not contain chemical preservatives that might leach into the ground over time.

So, you're eating well, exercising more, and generally living better. You're healthier, but is your house? Soon after Joe and Kathy Reis moved into their '80s ranch in suburban Minneapolis, Kathy came down with what seemed to be a chronic case of sinus infection. Her ailment had nothing to do with bacteria, however; it was an allergic reaction triggered by mold spores. A cadre of experts on allergies and indoor air quality determined the problem—excess moisture buildup in the lower-level living areas of the house—and worked out a set of strategies for solving it. *continued on page 44*

by William L. Nolan and Joseph Boehm

continued from page 43



Windows in the new family room incorporate special energy-saving features, including extra sealants to minimize air leaks around the edges and a layer of low-E film to keep summer heat out and to hold winter heat in.

The family room features solid wood paneling and stone veneers. Unlike foamboard- or flakeboard-backed look-alikes, natural versions contain no glue, CFCs, or formaldehyde, which may pose health hazards.

The direct-vent, gas-log fireplace delivers energy-efficient heating at the touch of a button. Because so little heat is wasted, the unit can be vented through the exterior wall behind the fireplace with PVC pipe, eliminating combustion gases and the backdraft problem associated with conventional chimneys.

Furnishings chosen for the new spaces include tables made of matte-finish iron and polished stone—relatively inert materials that don't give off noxious fumes from glues, varnishes, or formaldehyde.

The upholstery consists of natural fibers such as wool, cotton, and silk, which don't give off noxious fumes or require factory processes that pollute the environment.

Potted greenery in the family room and sunporch boost indoor air quality by absorbing pollutants and moisture and giving off oxygen.

Wall-to-wall carpeting in this part of the house is 100 percent natural wool. Before it was installed, it was unrolled at the local dealer's warehouse to release any fumes absorbed during the manufacturing process.

From the beginning, the Reises planned to add on a family room (*above*). The moisture problem, however, prompted them to make it a priority. Working closely with the Minneapolis Affiliate of the American Lung Association, they developed a remodeling scheme that addressed not only the moisture buildup but also several other common threats to indoor air quality, such as dust mites, pet dander, and outgassing from fabrics, finishes, and building materials. While they were at it, they incorporated products and design features that help protect the natural environment.

continued on page 50

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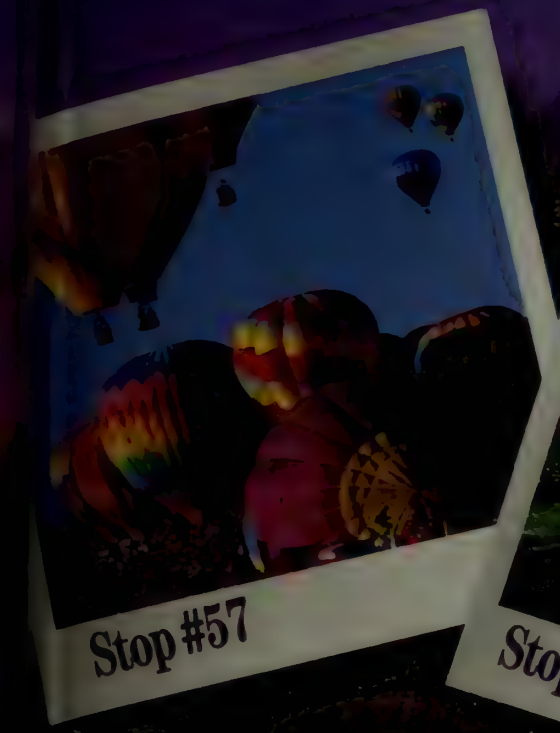
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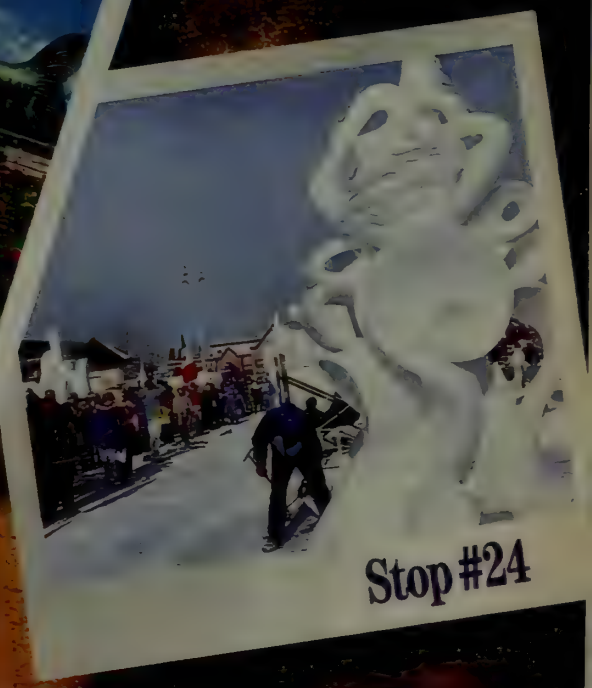
*See pack for details.

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continued from page 44

The cabinetry was stained and dried before installation in order to minimize outgassing. Finishes dried in place can outgas volatile organic compounds (VOCs) that may cause eye, throat, and nose irritations; dizziness; and vomiting.

Cabinetry in the wet bar contains no formaldehyde because the parts are solid wood, not particleboard. (Formaldehyde outgassing may affect the respiratory system and cause certain types of cancer.)



Countertops in the wet bar and the kitchen are granite. Unlike laminates, granite is an inert material and isn't manufactured or installed with glues. Low-flow faucets in the wet bar and the kitchen help reduce household water usage.

New appliances in the kitchen and the wet bar include energy-efficient refrigeration units: an ice-maker, a beverage cooler, and a side-by-side refrigerator/freezer.

To make way for the family room addition, the Reises decided to relocate the sunporch (*right*) rather than demolish it and rebuild from scratch. Rearranging space near the kitchen opened up direct access between the family room and the garage. It also left room for a fully equipped wet bar (*above*) that adjoins the kitchen on one side and the new family room on the other. *continued on page*

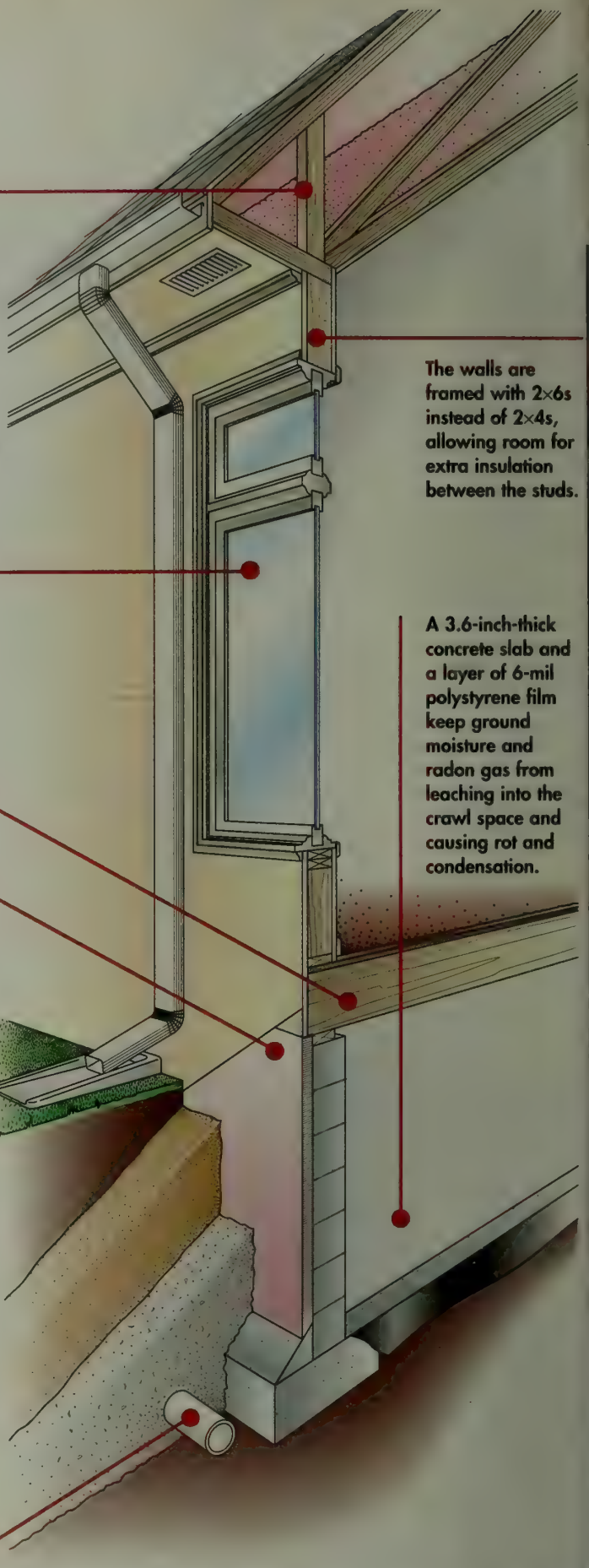
Most of the sunporch—including the carpeting—was relocated intact on new footings and attached to the family room addition, shaving some extra costs on material and labor. Sliding glass doors open to an L-shaped deck.



Furnishings on the sunporch are rattan, a natural, nonallergenic material that is also Earth-friendly; it can be harvested repeatedly without endangering its ecosystem.


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continued from page 50



THE INSIDE STORY

Hidden health safeguards and energy savers include:

- Moisture barriers in the crawl space, and extra sealants along the foundation's perimeter.
- 2×6 framing in the exterior walls, and triple-glazed windows. (See items labeled in sketch *at right*).
- Air-to-air heat exchangers in the basement (to ventilate the living spaces while capturing heat energy from the house's exhausted stale air).
- Encapsulated fiberglass batt insulation (to prevent tiny fibers from escaping into heated air spaces).
- Electrostatic filters attached to the heating/cooling system (to extract dust mites, pet dander, and other microscopic particles).
- Prefinished wood flooring in the kitchen and wet bar (to avoid using VOC-laden sealers and varnishes).

continued on page 54

Encapsulated fiberglass insulation: SCHULLER INTERNATIONAL. Natural-fiber wool carpeting: S&S MILLS. Air-to-air heat exchanger/whole-house ventilation system: VANEE/SHELTER SUPPLY. Energy-efficient appliances: WHIRLPOOL CORPORATION. Direct-vent fireplace: HEAT N GLO. Low-E windows: HURD. Natural stone veneers: BUECHEL STONE CORP. Energy and air-quality testing: FLORIDA SOLAR ENERGY CENTER and ADVANCED CERTIFIED THERMOGRAPHY. Plumbing fixtures: ELJER. Prefinished wood flooring: BRUCE FLOORING. Illustration: Kim Downing.

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continued from page 52

MAKING YOUR HOUSE HEALTHY

A good game plan for making your house healthier requires some detective work. Here are some basic steps to follow before you call in a remodeling contractor:

• Make a list of chronic symptoms your family may be suffering, such as sneezing, coughing, dizziness, nasal congestion, nausea, headaches, or skin rashes.

• Look for telltale signs of excess humidity: damp or rotted framing, ice dams on the eaves, condensation on windows, seepage around the edges of the basement floor or through cracks in the basement walls. Track down potential sources of noxious gases: malfunctioning furnaces and water heaters, outgassing from particleboard, varnish, paint, or synthetic fabrics. Consider potential sources of allergenic or carcinogenic particles: dust mites, pet dander, mineral-wool or glass fibers. Check for energy leaks or backdrafting in range vents, fan exhausts, recessed fixture housings, vent stacks, window and door frames, and combustion-air-intake tubes.

• Hire a team of consultants to conduct performance tests: a calibrated blower-door test to evaluate how tight the home's energy envelope is; an infrared camera test to inspect the quality of the insulation; and a calibrated duct-blaster test to evaluate the tightness of the air handling system. Also, have a plumbing and heating contractor check for clogged air-intake tubes on your water heater, furnace, or fireplace. (Air-intake tubes are common features on newer equipment powered by fuel combustion.)

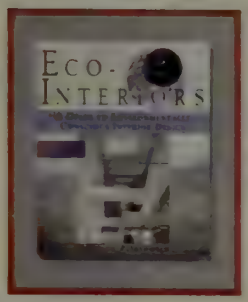
• Develop a detailed set of specs for dealing effectively with each hazard. Construction specs (blueprints) are considered a legal part of the contract you draw up for the work to be done and are essential for ensuring that the work get done correctly.

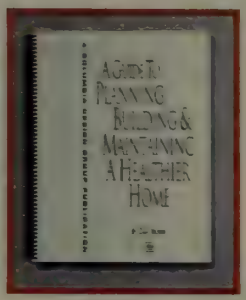
Buying information page 122



Books to Buy for More Info About Healthy Homes







The **Health House Workbook** ($29.95) is a consumer guide and homeowner's manual to take you step-by-step through the process of building and living in a healthier home. The 120-page loose-leaf binder has reproducible pages including a lifestyle inventory, a construction schedule checklist, and builder communication worksheets. Offered in cooperation with the American Lung Association.

Your Natural Home ($26.95) is a 272-page softcover book that shows you how to create an environmentally sensitive and naturally beautiful house that nurtures human health without sacrificing the warmth of homespun architectural traditions. Offered in cooperation with Little, Brown and Company.

Eco-Interiors ($29.95) provides a comprehensive introduction to earth-sensitive interior design. The softcover, 172-page book helps to make informed decisions on improving the environment through eco-conscious design. Offered in cooperation with John Wiley & Sons, Inc.

From dealing with radon to choosing safer, less toxic paints and carpets and selecting a heating and ventilation system, the **Guide to Planning, Building, and Maintaining a Healthier Home** ($44.95) covers all you need to know to reduce toxins and biological contaminants in the finished home. Valuable source information is included in this 176-page softcover book with spiral binding offered in cooperation with Columbia Design Group.

Healthier Home Plans ($17.95) is a 48-page catalog containing elevations, floor plans, and descriptive information on 31 healthier homes. Constructions blueprints are available separately. Offered in cooperation with Columbia Design Group.

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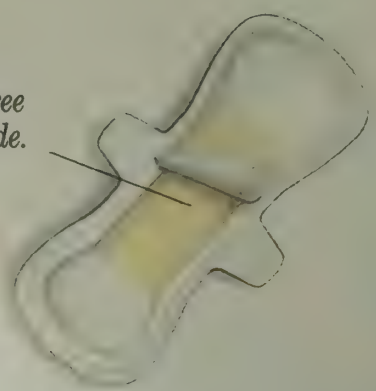
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Inside Information:

Emotional stress can affect you physically. Don't be surprised if it changes your period and even makes your flow heavier than usual. Stayfree® has a discovery to make you worry free.

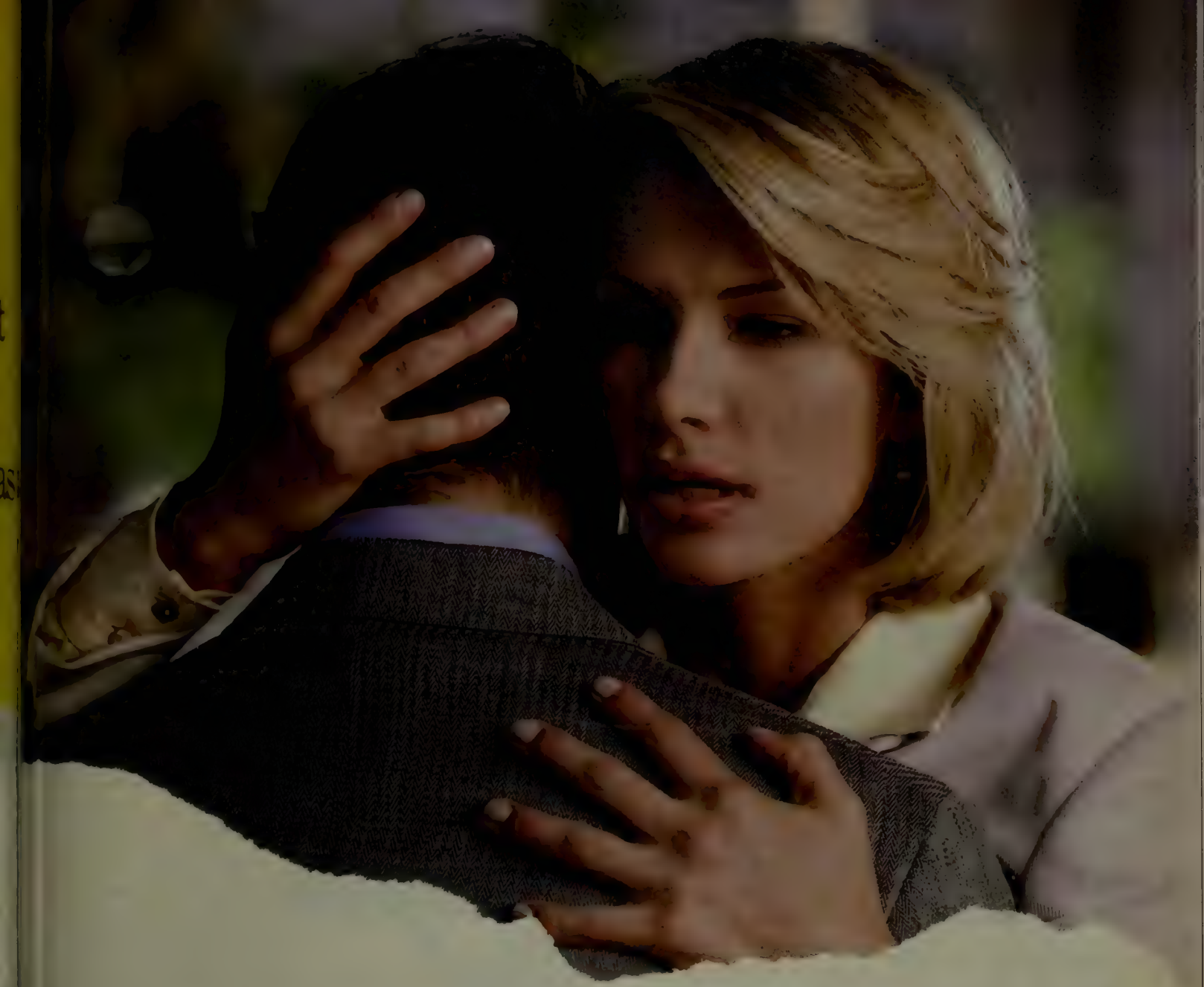
Inside Stayfree® is "NatureSorb,"* the earth's most absorbent natural fibers. It draws fluid inside with 100% more natural power than Always® or Kotex.®

NatureSorb
inside so you're free from worry outside.





Inside Information from Stayfree, Carefree, o.b. Free and Serenity.



To free you from worry of leakage every day of your period, there's Stayfree® SureFit™ for heavy days and Stayfree® Ultra Thin for other days. "NatureSorb" is only in Stayfree.

Stayfree

Worry free.

© MCNEIL - PPC 1996 * STAYFREE SUREFIT. STAYFREE ULTRA THIN

® ALWAYS IS A REGISTERED TRADEMARK OF THE PROCTER & GAMBLE CO. ® KOTEX IS A REGISTERED TRADEMARK OF THE KIMBERLY CLARK CORP.

our environment

YOU MAKE THE DIFFERENCE

DO YOU KNOW?

Too many of us leave the water running when we wash our cars in the driveway. This water-guzzling habit consumes up to 80 gallons of water per wash. To avoid this waste, pick up a good nozzle with an on/off trigger. Or go to a car wash to do this dirty business. An automatic car wash uses about 25 gallons per wash and the self-serve type only about 15 gallons. New computer controlled auto washes can even sense vehicle size and adjust the amount of water, soap, and wax used to make cars shine.



DON'T GET BUGGED BY YOUR LAWN

Healthy green grass should withstand the attacks of insects, various plant-ravaging pests, worms, and disease if you simply follow the Environmental Protection Agency's six-step preventative health care program for your lawn.

The plan's aim is to help reduce homeowners' reliance on chemicals in the war against bugs and brown lawns. Here are the steps:



Develop a healthier soil. Your lawn needs soil with good texture, the right pH balance, and such key nutrients as nitrogen, phosphorus, and potassium.

Choose a grass type that thrives in your climate. Check with your nursery and read seed-box labels to make certain the strain of grass you are purchasing is suited to your region.

Mow high, often, and with sharp blades. You don't have to grow a foot-high meadow to get good results. Most lawns would thrive if homeowners raised mowers' cuts by one inch.

Water deeply but not too often. It's time for a good soaking when the lawn begins to wilt from dryness, the color dulls, and footprints stay compressed for more than a few seconds.

Correct thatch buildup. Don't allow more than a half-inch or so of dead grass to become matted between the living grass blades and the soil. Thatch prevents water and nutrients from penetrating.

Set realistic goals. Don't set out to completely eradicate all weeds or insects because you'll be killing good along with the bad. You don't want to harm beneficial insects that help control pests.

If pesticides are necessary, always follow label instructions and wear protective clothing. For further information, order *Healthy Lawn, Healthy Environment*, booklet 336C, from the Consumer Information Center 6A, P.O. Box 100, Pueblo, CO 81002. The cost is $1.50.

BUILDING BY THE BOOK

Tracking down hard-to-find green building materials may prove the most time-consuming step when building an environmentally sensitive home. For help, turn to the fifth edition of the *Guide to Resource Efficient Building Elements*.

Published by the Center for Resourceful Building Technology (CRBT), the guide lists more than 400 building-products manufacturers—an increase of 100 sources since the last edition. These include makers of cotton insulation, recycled plastic lumber, compressed straw panels, honeycomb paper panels, formaldehyde-free wood products, and other items engineered for environmental safety. Each entry includes a description of the product, information about its size and use, and the manufacturer's address and phone number. Because many of the companies listed are small, the guide offers an introduction to some alternative materials that may be presently unknown in your region.

The guide is available for $25 (plus $3 shipping and handling) from CRBT, P.O. Box 10[illegible] MT 59806.

It's traveled more than 200 thousand miles, but has never been on the road before.



The Lunar Roving Vehicle vibration testing unit from the NASA Apollo moon program. Courtesy of the National Air & Space Museum.

Discover® Card is a Proud Partner of the Smithsonian's 150th Anniversary Celebration.

If you missed the Lunar Rover on the surface of the moon, you're getting a second chance. The Lunar Rover is hitting the road as part of the America's Smithsonian touring exhibit. This official Lunar Roving Vehicle (LRV) testing unit is from the NASA Apollo Moon program. Discover® Card cordially invites you to see it when it touches down near you.

150 1846–1996 Smithsonian™

IT PAYS TO DISCOVER®



Use it where you see the NOVUS℠ sign

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Mother's Day Gifts

These charming gifts will delight your mom and help homeless mothers and children across the country. When you order either gift, a portion of the purchase price will go to the Better Homes® Fund, created by the editors of this magazine. The fund to date has given $4.9 million in grants in 38 states to help homeless families get back on their feet.



ANDY LYONS

Mom's Keepsake Box

One of America's most collected artists, P. Buckley Moss, donated the poignant image of mother and child to decorate this keepsake pine box (*top*). With paintings and prints displayed in galleries worldwide, Ms. Moss created this painting just for the Better Homes Fund, ensuring that it will instantly become a collectible. Made by The Lane Company, the box measures 9×4½×3½ inches. A card in each box tells your mom about the donation you've made in her honor. For every box you buy at $25.95 plus $4 shipping and handling, Lane will donate $8.20 to the Better Homes Fund. To order, call toll-free 1-800-841-5147 or send check or money order to: The Lane Company, Dept. BH, P.O. Box 151, Altavista VA 24517.



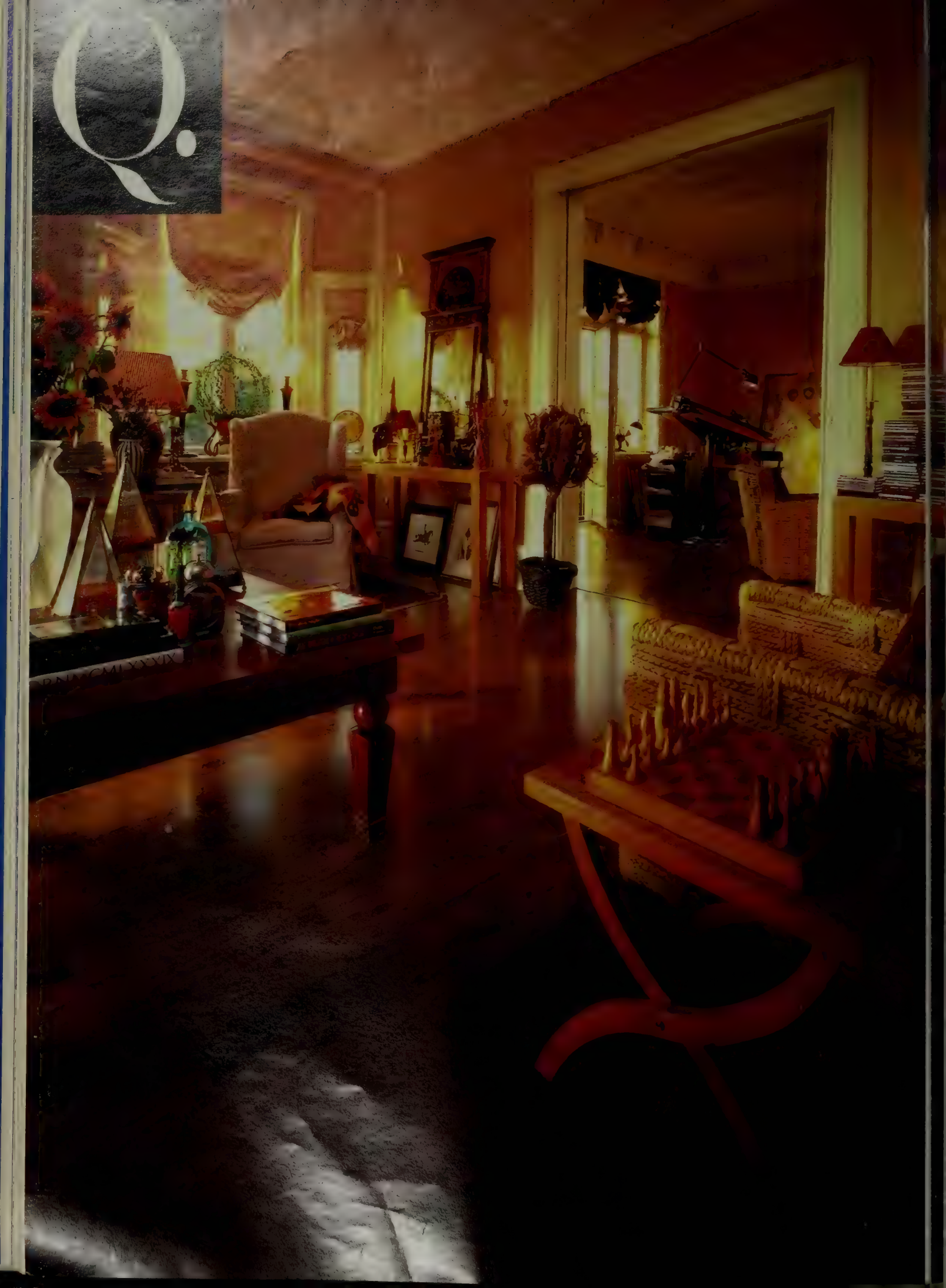
HOPKINS AND ASSOCIATES

Quilt Note Cards

Our exclusive *Homes & Gardens Challenge*™ quilt cards are based on prizewinning quilt designs, including the one shown (*left*). Twenty-four cards come boxed, with envelopes. Each box includes eight award-winning designs. Cards are blank inside so you can add your own sentiments. Each box is $12.95 (including shipping & handling), and 25 percent of the proceeds will be donated to the Better Homes Fund. For credit card orders, call 1-800-709-7000, or mail check or money order to: *American Patchwork & Quilting*, Catalog Dept. HGQ-1, P.O. Box 6656, Maple Plain, MN 55592-6656. **Note: Orders for the keepsake box and the note cards must be received by May 1 to guarantee delivery by Mother's Day.**

If you'd like more information or to mak[illegible] to The Better Homes Fund, call 1-800-HOMELESS.


The Spray
Lingerie
CHANTILLY



A.

1. Well, no, it's not. It does come in planks, though.
2. Laminate. High-pressure laminate, to be technical.
3. Woods, marbles, stencils, colors – you name it.
4. Easier to care for. Not to mention easier to pay for.
5. A triple 15-year guarantee. Wear, stains and fading.
6. Neither sunlight, nor ink spills, nor burning cigarettes.
7. No, we are not pulling your leg.
8. 1-800-33-PERGO.
9. A big, thick (and free) idea book. And names of local dealers.
10. The king's rook. Very observant.

You can ask a lot of a Pergo floor.

Original PERGO® Laminate Floor

health update

NEWS THAT WORKS FOR YOU

Losing Sleep on The Road



Businesspeople who travel are losing their edge when it comes to sleep.

Almost half of the 1,600 business travelers surveyed by the National Sleep Foundation and Hilton Hotels reported having difficulty sleeping while away from home.

The two most common problems are not being able to fall asleep and waking in the middle of the night. The main culprit: noise. Over-the-counter sleeping pills are what most business travelers take to induce some zzzs, followed by watching television and exercise. The next time you can't nod off in a new place, try one of the following:

- Set your watch to the destination time zone as soon as you board the plane and match your eating and sleeping schedule to it.
- Bring items from home, such as your pillow or an alarm clock, to increase your sense of familiarity.
- Pack earplugs or a blindfold to block out noise and light.
- Stick to your regular pre-bedtime routine. If you read or watch TV before closing your eyes, do the same while staying in a hotel.
- Avoid alcohol or caffeine before bedtime. Both can interfere with sleep.

HEALTH ALERT

BREAST CANCER SURVIVORS GET THEIR OWN CATALOG

Stylish hats, hairpieces, and mastectomy bras can be hard to find for women diagnosed with breast cancer. So the American Cancer Society created "tender loving care," or "tlc", a catalog that sells items from headwraps to breast prostheses to lingerie. Most sell for less than retail price.

Lana Leavitt Rosenfeld came up with the idea for the not-for-profit catalog after two of her family members were diagnosed with the disease. The catalog, sprinkled throughout with information about breast cancer, is distributed to doctors' offices and mailed to women by request only. Names won't be made available for any other purpose.

For a free copy, call 800/850-9445 or write: "tlc," Hanover, PA 17333-0080.

Where's the Juice?

Buying juice for your children instead of soda is a good idea, but only if you get the real thing—100-percent pure fruit juice.

Janice Stuff, a nutritionist at the USDA's Children's Nutrition Research Center, says clever advertising and packaging easily confuse parents who end up buying juice with no real nutritional value.

"As a general rule, any juice containing more than 22 grams of sugar probably has had sugar added," she says. Other juicy buying tips:



- Mangoes and guavas may sound exotic, but good old orange juice provides the greatest amount of vitamin C and potassium per 6-ounce serving. Grapefruit juice is second, followed by apple juice.
- Juice products that are calcium-fortified also serve as a good calcium source.
- Serve juice in moderation so kids don't fill up on it before mealtimes.

continued on page 68

FLONASE®: The allergy medicine that doesn't force you to live with a stuffy nose.



Ask your doctor about FLONASE. It relieves sneezing and itchy, runny nose – and your stuffy nose as well.

FLONASE works where you need it, in your nose, to relieve nasal symptoms for sufferers of seasonal allergies.

FLONASE unstuffs your nose for a full 24 hours.

FLONASE won't put you to sleep or keep you awake like some antihistamines or decongestants do.

FLONASE is not addictive. The most common side effects (nasal burning, nosebleeds, headache, and sore throat) occurred in fewer than 7 out of 100 people.

FLONASE is a prescription drug. It is not recommended for children under age 12.

Effectiveness of FLONASE depends on regular use. Symptoms may begin to improve within 12 hours. Maximum nasal symptom relief may take several days.

Only your doctor or health care professional can determine the best treatment option for you.



Allergy relief, right under your nose.

FLONASE®
(fluticasone propionate)
NASAL SPRAY, 0.05%

Please see important information on the following page.

For more information and a $5.00 rebate coupon, call 1-800-6-FLONASE (1-800-635-6627, ext. 12A)

Flonase®
(fluticasone propionate)
Nasal Spray, 0.05% w/w

BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only. Before prescribing, see complete prescribing information in Flonase® Nasal Spray product labeling.

CONTRAINDICATIONS: Flonase® Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of Flonase® Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, Flonase Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of Flonase Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information). If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of Flonase® Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of Flonase Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of Flonase Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with Flonase Nasal Spray. Patients using Flonase Nasal Spray over several months or longer should be examined periodically for evidence of *Candioa* infection or other signs of adverse effects on the nasal mucosa.

Flonase Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex.

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with Flonase Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use Flonase Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with Flonase Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of Flonase Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells *in vitro*. No significant clastogenic effects were observed in human peripheral lymphocytes *in vitro* or in the mouse micronucleus test *in vivo* at high doses by the oral or subcutaneous routes. Fluticasone propionate inhibited erythroblast division in bone marrow

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of the full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when Flonase Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of Flonase Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with Flonase Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months duration with Flonase® Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible): ***Respiratory:*** Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).

Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.

Neurological: Dizziness.

Special Senses: Eye disorder, unpleasant taste.

Digestive: Nausea and vomiting, xerostomia.

Skin and Appendages: Urticaria.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with Flonase® Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of Flonase Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

Allen & Hanburys
Division of Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

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Better Homes and Gardens

home and family

information guide

You can get useful ideas and product information by mail. Use the coupon in this section to order your choice of literature listed below.

BUILDING & REMODELING

AMANA APPLIANCES—Amana's innovative line of high quality, energy-saving appliances. Built-in and freestanding to fit all your needs. Refrigerators, freezers, wall ovens, cooktops, ranges, microwave ovens, dishwashers and laundry products. AMANA. $7.00. Circle No. 1.

ANDERSEN® WINDOW AND PATIO DOOR FACTBOOK—offers ideas for creating distinctive Feature Windows and Patio Doors from Andersen's wide variety of standard shapes & sizes. Includes basic size charts, energy facts, tips for drawing and planning a project, choosing a contractor and more. It's a great resource for building or remodeling projects. ANDERSEN WINDOWS, INC. FREE. Circle No. 2.

ASKO APPLIANCES—Full-color brochure on complete line. Dishwashers have stainless steel interiors and are designed for superior quietness. Patented cleaning system achieves sparkling results while using only about half the water. Washers and dryers are front-loading with tumble-action and stainless steel interiors that are gentler to clothing. Washers save around 15,000 gallons of water annually, yet produce noticeably cleaner clothes. ASKO APPLIANCES. FREE. Circle No. 3.

DUPONT CORIAN®—Elegant and affordable design for kitchen and bath. Free color brochure with photographs and suggestions for beautiful and practical ways to use Corian®. DUPONT CORIAN. FREE. Circle No. 4.

HEAT-N-GLO FIREPLACE PRODUCTS—Looking for quality fireplaces that combine efficiency and aesthetics? Send for our brochure on energy-saving built-in gas or woodburning fireplaces. Including see-thru, three and four sided glass fireplaces, inserts for pre-existing fireplaces or our direct-vent (no chimney) gas fireplace available with remote control. HEAT-N-GLO FIREPLACE PRODUCTS. FREE. Circle No. 5.

INVISIBLE FENCING® PET-FENCE EXPERTS—Enjoy the beauty of your landscaping while giving your pet the freedom and safety of your land without chains or fences. Customized systems, professional training, lifetime support and service by neighborhood pet containment experts. Since 1979, 1/2 million pets protected. Veterinarian approved and supported. Local dealer information, free brochure. INVISIBLE FENCING. FREE. Circle No. 6.

KARASTAN—Karastan Sisal Wool combines the look of sisal with the soft feel of pure wool. Send $3.00 for a full-color brochure. KARASTAN. $3.00. Circle No. 7.

KOHLER—A complete set of full-color product catalogs covering baths and whirlpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets and accessories plus a color idea book. KOHLER CO. $8.00. Circle No. 8.

LARSON STORM DOORS—Larson Manufacturing offers a wide selection of quality crafted storm-screen doors to enhance the appearance of your home. Free brochure. LARSON STORM DOORS. FREE. Circle No. 9.

MANNINGTON RESILIENT FLOORING—If you are looking for flooring that adds style, quality and matchless beauty to your home, it must be Mannington. Receive a full-color brochure and the location of the nearest Mannington dealer. MANNINGTON. FREE. Circle No. 10.

"Made To Order from Marvin"—illustrates how made-to-order wood windows and doors can enhance a home. Full-color, 24-page brochure helps you determine your needs for energy efficiency, maintenance and architectural design, then choose the products and options to suit those needs. Includes a section describing basic window and door styles. MARVIN WINDOWS. FREE. Circle No. 11.

MERILLAT'S NEW KITCHEN DESIGN & PLANNING KIT—Design like a professional, includes everything you need for complete kitchen planning. Easy-to-follow instructions, decorating ideas, layout tools and specification brochures. MERILLAT INDUSTRIES, INC. $8.00. Circle No. 12.

NATIONAL SPA AND POOL INSTITUTE—Free swimming pool and spa information—full-color brochures offer ideas for choosing a swimming pool or spa to fit your lifestyle and budget; advice for enjoying your pool/spa safely; maintenance options and color photos of different types of pools and spas for nearly every backyard. NATIONAL SPA AND POOL INSTITUTE. FREE. Circle No. 13.

PEACHTREE DOOR & WINDOW BROCHURE—Send for Peachtree's new, free, 24-page brochure. The full-color piece details full line of Peachtree insulated entry door systems, Ariel pre-finished custom and standard windows, and complete patio door line. Technical data included. All products are covered with Peachtree's exclusive Non-Stop Warranty. PEACHTREE DOORS & WINDOWS. FREE. Circle No. 14.

PELLA® WINDOWS AND DOORS—"Making Great Window Decisions," a 24-page, full-color guide for those who plan to build or remodel a home. Learn how to compare and evaluate a window's beauty, energy-efficiency, options, durability, service and installation. PELLA CORPORATION. FREE. Circle No. 15

PERGO LAMINATE FLOOR—A free four color brochure features Pergo's more than 30 beautiful designs and colors in a variety of eye catching settings. PERGO. FREE. Circle No. 16.

VELUX ROOF WINDOWS AND SKYLIGHTS—Free brochure features helpful information and design ideas for creating beautiful light-filled living spaces. Send for free copy. VELUX-AMERICA. FREE. Circle No. 17.

ELIMINATE BATHROOM MILDEW WITH PERMA-WHITE PAINT—5-year guarantee! A high-performance, low-odor, water-based paint that withstands humidity, prevents blistering and peeling. Provides a decorative, washable, and scrubbable finish, in satin or semi-gloss. Application booklet. WM. ZINSSER & CO. FREE. Circle No. 18.

YORK WALLCOVERINGS—Send for a free decorating brochure of wallcoverings, borders and fabrics. YORK WALLCOVERINGS. FREE. Circle No. 19.

FURNISHINGS

BROYHILL SMART BUYS LITERATURE COLLECTION—A complete collection of full-color brochures featuring a wide range of furniture styles and finishes to beautify your home. BROYHILL FURNITURE. $10.00. Circle No. 20.

CEILING FANS—A 48-page, 4-color booklet describes what features to look for before buying a fan and illustrates Hunter's line of quiet ceiling fans. Common problems are exposed with Hunter solutions. There are over 100 different fan styles and sizes with over 100 decorative fan light fixtures and glassware. HUNTER FAN COMPANY. FREE. Circle No. 21.

DO-IT-YOURSELF AND SAVE WITH SAUDER FURNITURE—Ready-to-assemble solutions to furnishing your home the smart and practical way. Two free 16-page brochures introduce you to our unique heritage and our full line of beautiful and affordable furniture in a wide variety of styles. SAUDER WOODWORKING CO. FREE. Circle No. 22.

HEALTH

ALLERGY NEWSLETTER—Learn how to control your seasonal allergies better—get helpful facts and tips in our Allerdays newsletter and brochure. FREE. Circle No. 23.

AMERICAN ASSOCIATION OF ORTHODONTISTS—For free information on orthodontics for adults and children, and a list of AAO-member orthodontists in your area. AMERICAN ASSOCIATION OF ORTHODONTISTS. FREE. Circle No. 24.

THE SCHERING/KEY GUIDE TO SEASONAL NASAL ALLERGIES—Clear days are here for seasonal nasal allergy sufferers. FREE brochure discusses seasonal nasal allergies and treatment options. It's all here in The Schering/Key Guide to Seasonal Nasal Allergies. SCHERING. FREE. Circle No. 25.

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home and family
information guide

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continued from page 64

Working Moms Deliver Earlier Babies

Premature births have increased nearly 25 percent since 1980, with one baby born early for every 10 carried full term.

At the University of Michigan Medical Center, researchers found that risk factors, such as prolonged standing, physical exertion, irregular or long work hours, noise, and stress may contribute to an early delivery.

The study team, led by Barbara Luke, associate professor of obstetrics and gynecology at UM, followed 1,470 pregnant nurses. More than 200 babies were delivered early and strenuous working conditions were found to be involved. Pregnant women who stood from four to six hours at a time increased their risk of premature delivery by 80 percent.

The findings were published in Luke's book, *Every Pregnant Woman's Guide to Preventing Premature Birth: Reducing the Sixty Proven Risks That Can Lead to Prematurity* ($23, 1995, Times Books/Random House). Still, she says there is no "magic date" when a pregnant woman should leave work.

"That decision depends on the nature of the work and a woman's personal medical history," she says.

Luke does say, however, that three things might help lower the risk of pre-term birth: reducing work hours per week or shift; redesigning wo[illegible]es so they're less strenuous (sit instea[illegible] stand); and granting leave during [illegible]nancy, especially to those women who experience complications.



Looks Great, Less Harm

This summer, shop for sunglasses that look good *and* protect your eyes from harmful ultraviolet rays.

The Better Vision Institute, a nonprofit educational group that promotes eye care and health, says UV-absorbing sunglasses are essential because both A and B sun rays may be harming your eyes' retina, cornea, and lens.

Most cosmetic sunglasses are lightly tinted and absorb at least 70 percent of UV-B rays and more than 20 percent of UV-A rays, says Kim Robbins, M.D., an ophthalmologist in Bridgeport, Connecticut, and a BVI advisory council member. That's enough outdoor protection.

But if you're headed to the beach, pick up a pair of special purpose sunglasses, or those that absorb at least 95 percent of UV-B rays and more than 60 percent of UV-A rays. Absorption rates should be clearly indicated, Dr. Robbins says.

She recommends having two pairs of sunglasses—a darker pair for outdoor activities in the sun and a lighter pair for driving when you may need greater visibility. If that's not an option, find a pair in between that blocks out about 80 percent of visible light.

"If you can readily see your eyes (in the mirror), then they are [illegible] dark enough," Dr. Robbins says. For more information, call [illegible]Better Vision Institute at 800/424-8422. ♠

Want all-day protection for really dry skin?

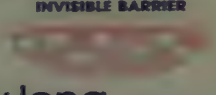


Shower Activate It.™

1. Apply ***NEW*** Jergens® Shower-Active™ Moisturizer after you wash. It interacts with the water on your skin to form an invisible barrier that lasts 24 hours.



2. After you rinse, the barrier continues to seal in moisture from the shower, leaving your skin feeling soft all day long. Moisture stays in, dryness stays out.



Another beautiful idea from today's Jergens.™



Sometimes more than 2 is just too much.



Especially when it comes to snacking.

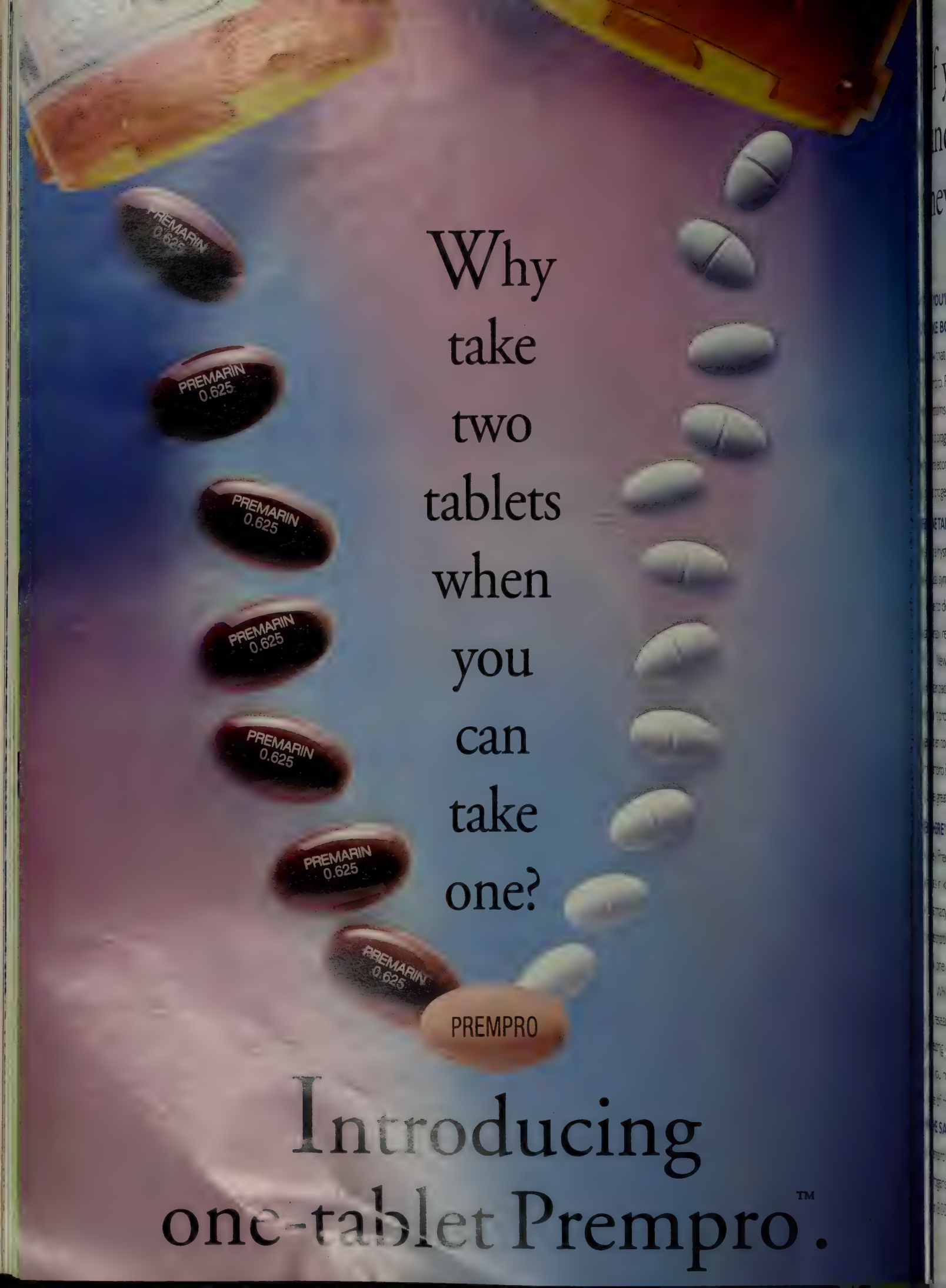
That's why new *Baked Lay's*™ Potato Crisps and these other Frito-Lay *2g.ood*™ snacks are all under 2 grams of fat per serving.* So if you want a great low fat snack, just keep an eye out for them.

Baked Lay's.



Taste 2g.ood™

*Based on 1 oz. serving size. Baked Lay's and 2g.ood are trademarks used by Frito-Lay, Inc. © Recot, Inc. 1995.


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Why
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tablets
when
you
can
take
one?
Introducing
one-tablet Prempro™.

If you take Premarin® (conjugated estrogens tablets, USP) and a progestin, ask your doctor about new one-tablet Prempro.

IF YOU'RE ONE OF THE MILLIONS OF WOMEN WHO TAKE BOTH PREMARIN AND A PROGESTIN, you should know that now there's a new way to take them together. It's one-tablet Prempro. Prempro, for treatment of moderate to severe vasomotor symptoms associated with menopause, is *as effective as taking Premarin and a progestin separately,* but it's simpler, more convenient, and may be more economical. Prempro is the *only* product that has both estrogen and progestin in just one tablet.

ONE TABLET...ONE CONVENIENT ADVANCE. If you have not had a hysterectomy and are taking both hormones for relief of menopausal symptoms, such as hot flashes and vaginal dryness, you may never have to deal with two prescriptions, two bottles of tablets, or complex therapy regimens again. And that's the simple truth.

New one-tablet Prempro is uniquely packaged in a special calendar blister pack that shows you instantly whether you've taken your pill each day. It provides you with the same estrogen as in Premarin, plus progestin given to help protect the lining of the uterus...all in one simple tablet. New Prempro is the hormone replacement product you can take with greater ease, greater accuracy, and, as a result, perhaps even greater confidence.

THERE'S MORE TO PREMPRO THAN JUST CONVENIENCE. Now Prempro represents an advance in hormone replacement therapy that's in keeping with today's busier lifestyles. It may, depending on your pharmacy, even save you money because with Prempro you fill only one prescription instead of two. For women on a prescription plan, there's only one co-payment instead of two.

While women taking Prempro can experience menstrual-like bleeding, research has shown that many women who stay on Prempro stop bleeding within 1 year of use. Your doctor or health care provider can tell you more about the bleeding patterns you might expect with this type of medication.

THE SAME ESTROGEN THAT'S IN PREMARIN. The estrogen in Prempro is the same estrogen that's in Premarin...a complex blend of estrogens that has been prescribed for more than 50 years. Today, more than 8,000,000 American women take Premarin. Premarin, the most studied of all estrogens, has been earning women's confidence generation after generation.

The same standards of quality also apply to the production of medroxyprogesterone acetate, the progestin in Prempro.

SIDE EFFECTS OF HORMONES SHOULD BE CONSIDERED. If you have not had a hysterectomy, estrogen alone can increase the risk of cancer of the uterus. The addition of progestin, however, may reduce this risk. That is why many doctors and health care providers now prescribe progestin in conjunction with estrogen for their patients. Progestins may have unfavorable effects on blood sugars, which might make a diabetic condition worse. The most common side effects are breast tenderness, headache, and abdominal pain.

When you speak to your doctor or health care provider about hormone replacement therapy, be sure to discuss your personal and family history of breast cancer, breast lumps, abnormal vaginal bleeding, abnormal blood clotting, severe headache, dizziness, or liver disease. Women who are pregnant should not take hormone replacement therapy.

$5 OFF YOUR FIRST PRESCRIPTION. Prempro is an easier way to take hormone replacement therapy because it provides you with the two medications you've been prescribed in one convenient tablet. And, because it requires a single prescription, it may even save you money. *Now save $5 off your first prescription.* See the coupon for more details.

WHEN IT'S TIME TO REFILL YOUR CURRENT PRESCRIPTION FOR PREMARIN AND A PROGESTIN, CALL YOUR HEALTH CARE PROVIDER AND ASK ABOUT...

NEW ONE-TABLET PREMPRO

PREMPRO™

(conjugated estrogens/medroxyprogesterone acetate tablets)

The appearances of the Premarin and Prempro tablets are trademarks of Wyeth-Ayerst Laboratories.

Please be sure to read the important information on the following page.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMPRO™ Brand of conjugated estrogens/medroxyprogesterone acetate tablets

This summary describes when and how to use estrogen/progestin drugs and the benefits and risks of treatment

ESTROGENS INCREASE THE RISK OF CANCER OF THE UTERUS IN WOMEN WHO HAVE HAD THEIR MENOPAUSE ("CHANGE OF LIFE"). ***THIS FINDING REFERS TO ESTROGENS GIVEN WITHOUT PROGESTIN.***

Progestin drugs taken with estrogen-containing drugs significantly reduce but do not eliminate this risk. If you use any estrogen-containing drug, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

ESTROGENS/PROGESTINS SHOULD NOT BE USED DURING PREGNANCY

Estrogens do not prevent miscarriage (spontaneous abortion) or stillbirth needed in the days following childbirth. If you take estrogens during pregnancy your unborn child has a greater than usual chance of having birth defects. These birth defects may affect the baby's urinary system and sex organs.

ESTROGEN/PROGESTIN DRUGS

PREMPRO is a combination of two hormones, an estrogen and a progestin. This hormone combination has been shown to provide the benefits of estrogen replacement therapy, while lowering the frequency of a possible precancerous condition of the uterine lining. This therapy is not intended for women who have had a hysterectomy (surgical removal of the uterus).

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable when weighed against their benefits. Check with your doctor to make sure you are using the lowest possible effective dose.

With PREMPRO therapy several menstrual-like bleeding patterns may occur. These may range from absence of bleeding to irregular bleeding. It need not be routine. It is frequently light spotting or moderate menstrual-like bleeding, but it may be heavy. Please discuss your bleeding pattern and set up an appropriate schedule for follow-up care with your physician.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. The decrease in the amount of estrogen that occurs in all women, usually between the ages of 45 and 55, causes menopause. Sometimes the ovaries are removed during an operation causing "surgical" menopause. When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. Some women have none or only mild menopausal symptoms, in others symptoms can be severe. These symptoms may last only a few months or longer. Taking PREMPRO can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO only as long as you need it for relief from your menopausal symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of spine, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as dairy products) or taking calcium supplements (1000 to 1500 milligrams per day) and certain types of exercise may also help prevent osteoporosis. Since estrogen use is associated with some risks, its use in the prevention of osteoporosis should be limited to women who appear susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white or Asian race, thinness, cigarette smoking, family history, and early or surgical menopause.

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHEN ESTROGENS SHOULD NOT BE USED

During pregnancy (see Boxed Warning). If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor (see Boxed Warning). Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breast-feeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

If you are breast-feeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS

Cancer of the uterus. The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used, and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy while reducing the risk of a precancerous condition of the uterine lining.

Additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. However, some studies have reported that breast cancer developed more often (up to twice the usual rate) in women who used estrogens for periods of time (especially more than 10 years), or who used high doses for shorter time periods. The effects of added progestin on risk of breast cancer are unknown. Some studies have reported a somewhat increased risk, even higher than the possible risk associated with estrogens alone. Others have not. Regular breast examinations by a health professional and monthly self-examination are recommended for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Inflammation of the pancreas. Women with high triglyceride levels may have an increased risk of developing inflammation of the pancreas.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, a heart attack, pulmonary embolus, any of which may cause death or serious long-term disability.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug during the first four months of pregnancy. Several reports suggest an association between mothers who take these drugs in the first trimester of pregnancy and abnormalities in male and female babies. The risk to the male baby is the possibility of being born with a condition in which the opening of the penis is on the underside rather than the tip of the penis (hypospadias). Hypospadias occurs in about 5 to 8 per 1,000 births and is about doubled with exposure to these drugs. There is not enough information to quantify the risk to exposed female babies. However, enlargement of the clitoris and fusion of the labia may occur, although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female fetus, as well as severe defects in the male fetus, it is wise to avoid using the drug during the first trimester of pregnancy. These drugs have been used as tests for pregnancy, but such use is no longer considered safe because of possible damage to a developing baby. Also, more rapid means of pregnancy testing for pregnancy are now available. If you take PREMPRO and later find you were pregnant when you took it, be sure to discuss this with your doctor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS

In addition to the risks listed above, the following side effects have been reported with estrogen and/or progestin use:

- Nausea, vomiting, pain, cramps, swelling, or tenderness in the abdomen
- Yellowing of the skin and/or whites of the eyes
- Breast tenderness or enlargement
- Enlargement of benign tumors of the uterus.
- Irregular bleeding or spotting
- Change in amount of cervical secretion
- Vaginal yeast infections
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney dysfunction.
- A spotty darkening of the skin, particularly on the face, reddening of the skin; skin rashes.
- Worsening of porphyria
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight
- Changes in sex drive
- Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN USE

If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking PREMPRO, it is important to visit your doctor at least once a year for a check-up. If you develop vaginal bleeding while taking estrogens, you may need further evaluation. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram (breast X ray), you may need to have more frequent breast examinations.

Reassess your need for treatment. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual symptoms to your doctor immediately:

- Abnormal bleeding from the vagina
- Pains in the calves or chest, a sudden shortness of breath, or coughing blood.
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbness of arm or leg.
- Breast lumps
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen

OTHER INFORMATION

Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer of the lining of the uterus. Taking progestins, another hormonal drug, with estrogens lowers the risk of developing this condition.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood sugar, which might make a diabetic condition worse.

Some research has shown that estrogens taken *without* progestins may protect women against developing heart disease – but this is not certain. The protection shown may have been caused by the characteristics of the estrogen-treated women and not by the estrogen treatment itself. In general, treated women were slimmer, more physically active, and were less likely to have diabetes than the untreated women. These characteristics are known to protect against heart disease.

It is important to discuss, in detail, with your doctor or health care provider all the possible risks and benefits of long-term estrogen and progestin treatment as they affect you personally.

This Summary provides the most important information about PREMPRO. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current PREMPRO Tablets insert (PI 4665-1) issued November 1995, with the incorporation, in lay language, of pertinent text from the Physician Insert, (CI 4664-1) issued November 17, 1995.

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Philadelphia, PA 19101

HEALTH

Calcium and Antacids

Calcium, an important nutrient for maintaining bone health and helping to avert bone loss (osteoporosis), may not always be sufficient in the diet. Some people opt to take calcium supplements to make up the difference. As we reported in March, earlier research suggested that antacids and calcium supplements are not considered interchangeable.

But this is no longer the case. Recent research shows that calcium antacids may make excellent supplements after all. According to Dr. Robert Heaney, professor of medicine at Creighton University in Omaha and one of the nation's leading calcium researchers, "When taken as directed, calcium antacids can be an effective way of making up for the calcium you might not be getting in your diet. In fact, being chewable they are even more easily absorbed in the stomach."

Dr. Gordon Wardlaw, of Ohio State University in Columbus, agrees but stresses that this holds true only for those antacids with calcium as their main active ingredient. He says that if you are taking antacids as calcium supplements, don't take them the same way as you would for a stomachache. Look for and follow any directions on the package which pertain to that purpose.


Eeeeeew!
Mildew!
Don't scrub it.
Spray mildew away with
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MILDEW
REMOVER
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Eating to Beat the Blues

by Elizabeth Somer, M.A, R.D.



The sun is bright and the birds are chirping—so why do you still feel blue? Depression, once thought to be "all in your head," is now recognized as a common problem triggered by wide-ranging factors. Medical conditions, lifestyle, diet, and psychological problems all can lead to a down-in-the-dumps mood. While serious depression requires medical attention, how you feel may be a result of what you eat—and that is something you can change without paying a doctor's fee.

If you use food to soothe a bad mood or crave sweets when your energy is low, join the club. Many people turn to food to feel better. Maybe it's chocolate chip cookies or ice cream. Maybe it's another cup of coffee. In most cases, the indulgence is harmless and comforting. In their effort to improve a mood, however, some people unknowingly choose foods that make them feel worse and set up a vicious cycle of depression and overeating. The good news is that you can break the food-mood cycle once you understand how you are fueling the bad habits.

WHY YOU CRAVE CARBOHYDRATES

It's no coincidence that people crave carbohydrate-rich foods when they feel moody. Foods such as ice cream, chocolate, pasta, and oatmeal have powerful effects on the body chemicals that regulate how you feel. Drs. Richard and Judith Wurtman at the Massachusetts Institute of Technology propose that carbohydrates raise brain levels of a nerve chemical called serotonin, which regulates both mood and appetite. When serotonin levels are low, people feel blue and crave carbohydrates. Within an hour or so of eating a bagel or granola bar, serotonin levels rise and you feel better. The catch is some carbohydrates are merely a quick fix that can leave you feeling worse in the long run, while others help you rise above the blues.

YOU CAN IMPROVE YOUR ATTITUDE BY MAKING SMALL CHANGES IN WHAT YOU EAT EACH DAY.

CHASING THE BLUES AWAY

Sugar and caffeine consumption are often linked to the food-mood relationship. A temporary fix of either can actually bring you down. "When depression returns, a person often reaches for another sugar fix, which sets up a spiral," says Larry Christensen, Ph.D., head of the Department of Psychology at the University of South Alabama. Christensen's research shows that depression often vanishes when sugar or caffeine is removed from the diet.

More good news: Early reports showed that sugar substitutes such as aspartame

continued on page 80

Sometimes what you wear to dinner may depend on what you eat for breakfast.



Great Taste Never Looked So Good.

Great toasted taste. 110 calories. And it's fat free. Maybe that's just what your diet and exercise plan needs.



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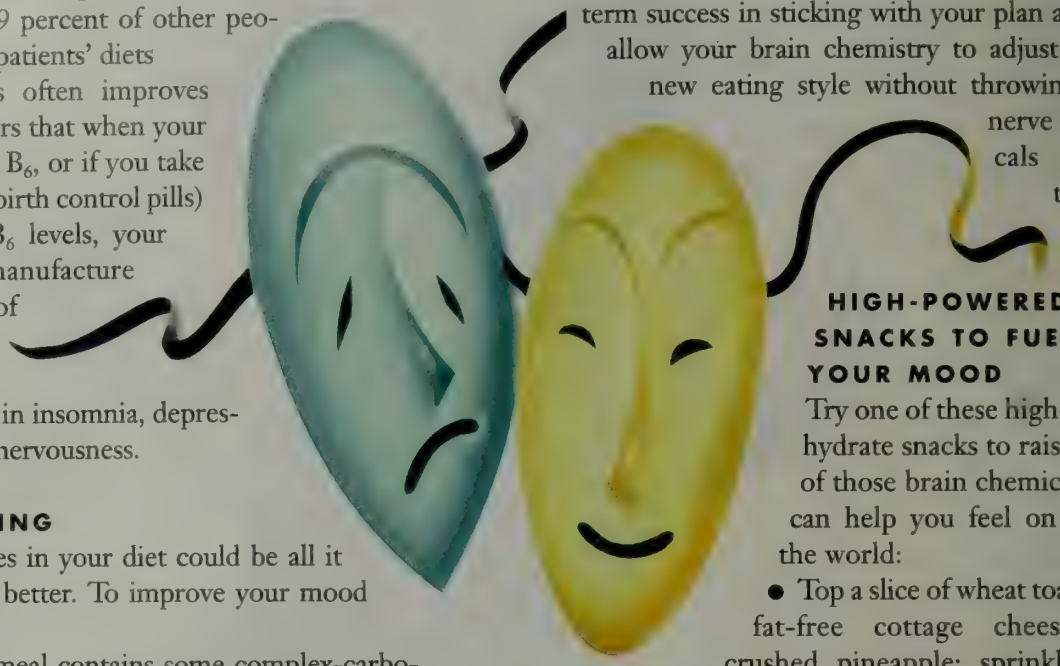
Beat the Blues

continued from page 78

(Equal or NutraSweet) might cause depression. But those studies have not panned out. In fact, most evidence indicates that moderate intake of these sweeteners is safe.

THE B_6 BLUES

Not eating enough of some nutrients, especially the B vitamins, could do you in. Vitamin B_6 deficiency is reported in as many as 79 percent of people with depression (compared to only 29 percent of other people). Supplementing patients' diets with these nutrients often improves their moods. It appears that when your diet is low in vitamin B_6, or if you take medications (such as birth control pills) that upset vitamin B_6 levels, your nerve cells can't manufacture adequate amounts of serotonin and other nerve chemicals; this could result in insomnia, depression, irritability, and nervousness.



BLUES-FREE DINING

Making a few changes in your diet could be all it takes for you to feel better. To improve your mood every day:

- Make sure every meal contains some complex-carbohydrate-rich foods. Breakfast can include toast, waffles, pancakes, or cereal. Lunch and dinner can include pasta or rice dishes. To curb midafternoon junk-food attacks, plan a carbohydrate-rich snack that includes fruit, crackers, bread, or starchy vegetables, along with protein-rich foods, such as yogurt, cheese, or lean meat (see the snack ideas *at right*).
- Limit sugar-containing foods, including desserts, sugar-coated cereals, candy, sugar-sweetened beverages, and sugary snack foods such as granola bars. Replace them with nutrient-packed foods, such as fresh fruit, crunchy vegetables, or whole-grain breads.
- Cut back on or eliminate coffee and other beverages and foods that contain caffeine. That includes tea, chocolate, cocoa, and colas. Also, some over-the-counter medications contain caffeine. And be patient. After eliminating caffeine (or sugar) from your diet, it may take three weeks or more before you notice an improved attitude.
- Pay attention to vitamin B_6. Increase your intake of this vitamin by including several servings daily of chicken, legumes, fish, bananas, avocados, or dark green leafy vegetables. Whole grains also contain this vitamin and are preferable to refined, enriched grains, since more than 70 percent of vitamin B_6 is lost during processing.
- Include at least two foods rich in folic acid in your daily diet by eating raw broccoli spears (possibly with a low-fat dip), drinking orange juice, mixing steamed collard greens into mashed potatoes, or using romaine lettuce in your tossed salads.
- Review your eating habits over the past few months. Have you made dramatic changes in your normal patterns? Are you dieting, frequently skipping breakfast, snacking in the evening, or limiting your daily food intake to less than three snacks or complete meals? If you can avoid these bad eating habits, you might decrease your mood swings.
- Make changes gradually. Select two or three small changes and practice them. This will ensure long-term success in sticking with your plan and will allow your brain chemistry to adjust to the new eating style without throwing your nerve chemicals into a tailspin.

HIGH-POWERED SNACKS TO FUEL YOUR MOOD

Try one of these high-carbohydrate snacks to raise levels of those brain chemicals that can help you feel on top of the world:

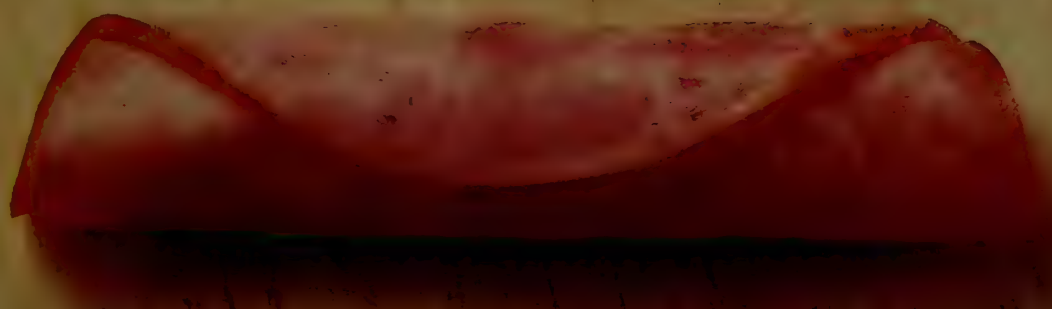
- Top a slice of wheat toast with fat-free cottage cheese and crushed pineapple; sprinkle with ground ginger.
- Fill a tortilla with black beans and low-fat grated cheese, then heat in the microwave oven. Top with cilantro, avocado slices, and salsa.
- Spread graham crackers with peanut butter and top with sliced bananas. Dust the top with a bit of ground cinnamon or nutmeg.
- Stir chopped fresh kiwifruit into plain yogurt. Serve with fat-free cinnamon-flavored crackers.
- Fill half of a papaya or cantaloupe with low-fat yogurt (one that isn't high in sugar).
- Toast raisin bread and spread lightly with fat-free cream cheese; sprinkle with a few chopped, toasted pecans. Serve with a piece of fruit.

CHIN UP

Remember that what you eat is only part of the blues battle. Regular exercise, effective coping skills, a strong social support system, and limiting or avoiding alcohol and cigarettes also are important considerations. Depression also can signal other problems, so consult a physician if any emotional problems persist.

Elizabeth Somer, M.A., R.D., is the author of ***Food & Mood*** *(1995),* ***Nutrition for Women*** *(1993), and other health- and nutrition-related publications.*





A Single Gram Of Fat, 25% Less Sodium*, And Big Taste All Rolled Into One.



In other words, our deliciously well-rounded cold cuts are still the only choice.

HEALTHY CHOICE®

EAT *what you* LIKE™

*pared to leading fat-free competitors.

by Nick Gallo



"There's now plenty of evidence that massage is more than just a feel-good thing. It has therapeutic benefits as well."

healing hands

The Power of Touch Therapy

Until a few years ago, most people would have associated the term bodywork with an auto repair shop. But today it also defines a flock of hands-on treatments designed to help tune up the body and soul.

Massage therapy, the most familiar, is a favorite of stressed-out office workers, weekend athletes, and people who live with bad backs. But there are more than 100 other, lesser-known types of bodywork that can enhance your health and well-being. More doctors are referring patients to bodywork practitioners, and some insurance companies have even begun to pay for bodywork in hope of preventing costly hospital stays or surgery.

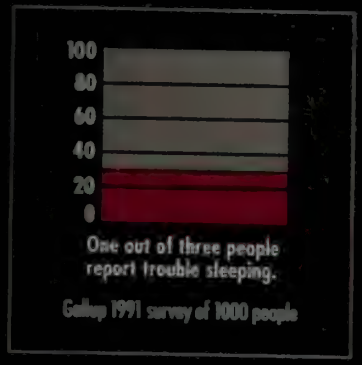
"Ten years ago, bodywork was considered a New Age fad," says Carl Dubitsky, an Oriental bodywork therapist in Boulder, Colorado. "Today I see lawyers, doctors, computer operators, truck drivers—you name it."

Studies at the University of Miami Medical School's Touch Research Institute have shown that massage reduces anxiety and lowers the body's pro-

continued on page 86

IF YOU CAN'T SLEEP, IT'S TIME TO WAKE UP

of people who are caught in the vicious cycle of not getting the sleep you so desperately need?



And does it seem like no matter what you try, you can't find relief?

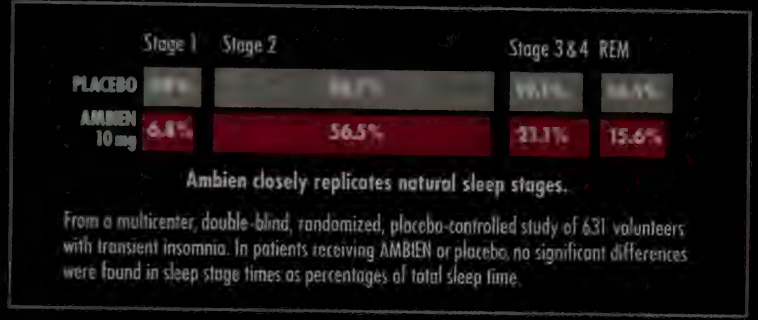
It's time to wake up and smell the coffee. Because there is something you can do.

See your doctor. He can show you things to stop doing and things to start doing if you want to get back to sleeping more like the way you were used to.

In some situations, he may prescribe a sleep medication that you can use on a short-term basis when you have trouble sleeping. One of these sleep medications is called Ambien® (zolpidem tartrate). It, along with appropriate lifestyle changes, may help you get back to your normal sleep pattern and routine.

Ambien will usually put you to sleep quickly. You can take it and not have to wait hours for it to work. Generally, in about twenty minutes, you'll fall asleep.

Ambien is effective. It may help you get back to a natural way of sleeping. Also, Ambien leaves your system quickly, so you're less likely to be tired the next day and more likely to feel rested and refreshed in the morning.



Ambien closely replicates natural sleep stages.

From a multicenter, double-blind, randomized, placebo-controlled study of 631 volunteers with transient insomnia. In patients receiving AMBIEN or placebo, no significant differences were found in sleep stage times as percentages of total sleep time.

Your doctor will make you aware that you should only take Ambien when you can devote a full



– to 8 hours to sleep. You should not engage in activities requiring complete alertness, such as driving a car, until you know how you react to this medicine. And he may also alert you to some side effects that may be associated with Ambien:

• Drowsiness, dizziness, lightheadedness, and difficulty with coordination. Some people may also experience confusion, memory problems, and changes in behavior.

• Sleep medicines may cause dependence, especially when these medicines are used daily for longer than a few weeks or at high doses.

So, if you're having a sleep problem, you may not have to live with it anymore. See your doctor and ask him whether Ambien may be appropriate for you. Isn't it time for you to go to sleep?

See your doctor or call Searle's Sleepline
1-800-5-SHUT-EYE

AMBIEN® (ZOLPIDEM TARTRATE) C-IV

Sleep. It doesn't have to be a dream.

See next page for brief summary and discuss it with your physician.

Healthcare for Life
SEARLE

Ambien® (zolpidem tartrate)

BRIEF SUMMARY

INDICATIONS AND USAGE

Ambien (zolpidem tartrate) is indicated for the short-term treatment of insomnia. Hypnotics should generally be limited to 7 to 10 days of use, and reevaluation of the patient is recommended if they are to be taken for more than 2 to 3 weeks.

Ambien should not be prescribed in quantities exceeding a 1-month supply (see *Warnings*).

CONTRAINDICATIONS

None known.

WARNINGS

Since sleep disturbances may be the presenting manifestation of a physical and/or psychiatric disorder, symptomatic treatment of insomnia should be initiated only after a careful evaluation of the patient. The failure of insomnia to remit after 7 to 10 days of treatment may indicate the presence of a primary psychiatric and/or medical illness which should be evaluated. Worsening of insomnia or the emergence of new thinking or behavior abnormalities may be the consequence of an unrecognized psychiatric or physical disorder. Such findings have emerged during the course of treatment with sedative/hypnotic drugs, including Ambien. Because some of the important adverse effects of Ambien appear to be dose related (see *Precautions* and *Dosage and Administration*), it is important to use the smallest possible effective dose, especially in the elderly.

A variety of abnormal thinking and behavior changes have been reported to occur in association with the use of sedative/hypnotics. Some of these changes may be characterized by decreased inhibition (eg, aggressiveness and extroversion that seemed out of character), similar to effects produced by alcohol and other CNS depressants. Other reported behavioral changes have included bizarre behavior, agitation, hallucinations, and depersonalization. Amnesia and other neuropsychiatric symptoms may occur unpredictably. In primarily depressed patients, worsening of depression, including suicidal thinking, has been reported in association with the use of sedative/hypnotics.

It can rarely be determined with certainty whether a particular instance of the abnormal behaviors listed above are drug induced, spontaneous in origin, or a result of an underlying psychiatric or physical disorder. Nonetheless, the emergence of any new behavioral sign or symptom of concern requires careful and immediate evaluation.

Following the rapid dose decrease or abrupt discontinuation of sedative/hypnotics, there have been reports of signs and symptoms similar to those associated with withdrawal from other CNS-depressant drugs (see *Drug Abuse and Dependence*).

Ambien, like other sedative/hypnotic drugs, has CNS-depressant effects. Due to the rapid onset of action, Ambien should only be ingested immediately prior to going to bed. Patients should be cautioned against engaging in hazardous occupations requiring complete mental alertness or motor coordination such as operating machinery or driving a motor vehicle after ingesting the drug, including potential impairment of the performance of such activities that may occur the day following ingestion of Ambien. Ambien showed additive effects when combined with alcohol and should not be taken with alcohol. Patients should also be cautioned about possible combined effects with other CNS-depressant drugs. Dosage adjustments may be necessary when Ambien is administered with such agents because of the potentially additive effects.

PRECAUTIONS

General

Use in the elderly and/or debilitated patients: Impaired motor and/or cognitive performance after repeated exposure or unusual sensitivity to sedative/hypnotic drugs is a concern in the treatment of elderly and/or debilitated patients. Therefore, the recommended Ambien dosage is 5 mg in such patients (see *Dosage and Administration*) to decrease the possibility of side effects. These patients should be closely monitored.

Use in patients with concomitant illness: Clinical experience with Ambien in patients with concomitant systemic illness is limited. Caution is advisable in using Ambien in patients with diseases or conditions that could affect metabolism or hemodynamic responses. Although studies did not reveal respiratory depressant effects at hypnotic doses of Ambien in normals or in patients with mild to moderate chronic obstructive pulmonary disease (COPD), precautions should be observed if Ambien is prescribed to patients with compromised respiratory function, since sedative/hypnotics have the capacity to depress respiratory drive. Post-marketing reports of respiratory insufficiency, most of which involved patients with pre-existing respiratory impairment, have been received. Data in end-stage renal failure patients repeatedly treated with Ambien did not demonstrate drug accumulation or alterations in pharmacokinetic parameters. No dosage adjustment in renally impaired patients is required; however, these patients should be closely monitored (see *Pharmacokinetics*). A study in subjects with hepatic impairment did reveal prolonged elimination in this group; therefore, treatment should be initiated with 5 mg in patients with hepatic compromise, and they should be closely monitored.

Use in depression: As with other sedative/hypnotic drugs, Ambien should be administered with caution to patients exhibiting signs or symptoms of depression. Suicidal tendencies may be present in such patients and protective measures may be required. Intentional overdosage is more common in this group of patients; therefore, the least amount of drug that is feasible should be prescribed for the patient at any one time.

Information for patients: Patient information is printed in the complete prescribing information and is available in pads for distribution to patients.

Laboratory tests: There are no specific laboratory tests recommended.

Drug interactions

CNS-active drugs: Ambien was evaluated in healthy volunteers in single-dose interaction studies for several CNS drugs. A study involving haloperidol and zolpidem revealed no effect of haloperidol on the pharmacokinetics or pharmacodynamics of zolpidem. Imipramine in combination with zolpidem produced no pharmacokinetic interaction other than a 20% decrease in peak levels of imipramine, but there was an additive effect of decreased alertness. Similarly, chlorpromazine in combination with zolpidem produced no pharmacokinetic interaction, but there was an additive effect of decreased alertness and psychomotor performance. The lack of a drug interaction following single-dose administration does not predict a lack following chronic administration.

An additive effect on psychomotor performance between alcohol and zolpidem was demonstrated.

Since the systematic evaluations of Ambien in combination with other CNS-active drugs have been limited, careful consideration should be given to the pharmacology of any CNS-active drug to be used with zolpidem. Any drug with CNS-depressant effects could potentially enhance the CNS-depressant effects of zolpidem.

Other drugs: A study involving cimetidine/zolpidem and ranitidine/zolpidem combinations revealed no effect of either drug on the pharmacokinetics or pharmacodynamics of zolpidem. Zolpidem had no effect on digoxin kinetics and did not affect prothrombin time when given with warfarin in normal subjects. Zolpidem's sedative/hypnotic effect was reversed by flumazenil; however, no significant alterations in zolpidem pharmacokinetics were found.

Drug/Laboratory test interactions: Zolpidem is not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, mutagenesis, impairment of fertility

Carcinogenesis: Zolpidem was administered to rats and mice for 2 years at dietary dosages of 4, 16, and 80 mg/kg/day. In mice, these doses are 26 to 520 times or 2 to 35 times the maximum (time) human dose on a mg/kg or mg/m² basis, respectively. In rats, these doses are 43 to 876 times or 6 to 115 times the maximum human dose on a mg/kg or mg/m² basis, respectively. No evidence of carcinogenic potential was observed in mice. Renal liposarcomas were seen in 4/100 rats (1/50 male, 3/50 female) receiving 80 mg/kg/day and a renal lipoma was observed in one female rat at the 18 mg/kg/day dose. Incidence rates of lipoma and liposarcoma for zolpidem were comparable to those seen in historical controls and these tumor findings are thought to be a spontaneous occurrence.

Mutagenesis: Zolpidem did not have mutagenic activity in [illegible] tests including the Ames test genotoxicity in mouse lymphoma cells, clastogenicity (chromosomal aberrations) in cultured human lymphocytes, [illegible] DNA synthesis in rat hepatocytes in vitro, and the micronucleus test in mice.

Impairment of fertility: In a rat reproduction study, the high dose (32 mg base/kg) of zolpidem resulted in irregular estrus cycles and prolonged intercoital intervals, but there was no effect on male or female fertility at daily oral doses of 4 to 100 mg base/kg or 5 to 130 times the recommended human dose in mg/m². No effects on any other fertility parameters were noted.

Pregnancy

Category B. Studies to assess the effects of zolpidem on human reproduction and development have not been conducted.

Teratology studies were conducted in rats and rabbits.

In rats, adverse maternal and fetal effects occurred at 20 and 100 mg base/kg and included dose-related maternal lethargy and ataxia and a dose-related trend to incomplete ossification of fetal skull bones.

In rabbits, dose-related maternal sedation and decreased weight gain occurred at all doses tested. At the high dose, 16 mg base/kg, there was an increase in postimplantation fetal loss and underossification of sternebrae in viable fetuses.

This drug should be used during pregnancy only if clearly needed.

Nonteratogenic effects: Studies to assess the effects on children whose mothers took zolpidem during pregnancy have not been conducted. However, children born of mothers taking sedative/hypnotic drugs may be at some risk for withdrawal symptoms from the drug during the postnatal period. In addition, neonatal flaccidity has been reported in infants born of mothers who received sedative/hypnotic drugs during pregnancy.

Labor and delivery: Ambien has no established use in labor and delivery.

Nursing mothers: Studies in lactating mothers indicate that between 0.004 and 0.019% of the total administered dose is excreted into milk, but the effect of zolpidem on the infant is unknown.

The use of Ambien in nursing mothers is not recommended.

Safety and effectiveness in children below the age of 18 have not been established.

Geriatric use: A total of 154 patients in U.S. controlled clinical trials and 897 patients in non-U.S. clinical trials who received zolpidem were ≥60 years of age. For a pool of U.S. patients receiving zolpidem at doses of ≤10 mg or placebo, there were three adverse events occurring at an incidence of at least 3% for zolpidem and for which the zolpidem incidence was at least twice the placebo incidence (ie, they could be considered drug related).

Adverse Event	Zolpidem	Placebo
Dizziness	3%	0%
Drowsiness	5%	2%
Diarrhea	3%	1%

A total of 30/1,959 (1.5%) non-U.S. patients receiving zolpidem reported falls, including 28/30 (93%) who were ≥70 years of age. Of these 28 patients, 23 (82%) were receiving zolpidem doses >10 mg. A total of 24/1,959 (1.2%) non-U.S. patients receiving zolpidem reported confusion, including 18/24 (75%) who were ≥70 years of age. Of these 18 patients, 14 (78%) were receiving zolpidem doses >10 mg.

ADVERSE REACTIONS

Associated with discontinuation of treatment: Approximately 4% of 1,701 patients who received zolpidem at all doses (1.25 to 90 mg) in U.S. premarketing clinical trials discontinued treatment because of an adverse clinical event. Events most commonly associated with discontinuation from U.S. trials were daytime drowsiness (0.5%), dizziness (0.4%), headache (0.5%), nausea (0.6%), and vomiting (0.5%).

Approximately 4% of 1,959 patients who received zolpidem at all doses (1 to 50 mg) in similar foreign trials discontinued treatment because of an adverse event. Events most commonly associated with discontinuation from these trials were daytime drowsiness (1.1%), dizziness/vertigo (0.8%), amnesia (0.5%), nausea (0.5%), headache (0.4%), and falls (0.4%).

Incidence in controlled clinical trials

Most commonly observed adverse events in controlled trials: During short-term treatment (up to 10 nights) with Ambien at doses up to 10 mg, the most commonly observed adverse events associated with the use of zolpidem and seen at statistically significant differences from placebo-treated patients were drowsiness (reported by 2% of zolpidem patients), dizziness (1%), and diarrhea (1%). During longer-term treatment (28 to 35 nights) with zolpidem at doses up to 10 mg, the most commonly observed adverse events associated with the use of zolpidem and seen at statistically significant differences from placebo-treated patients were dizziness (5%) and drugged feelings (3%).

Incidence of Treatment-Emergent Adverse Experiences in Short-term Placebo-Controlled Clinical Trials
(Percentage of patients reporting)

Body System/ Adverse Event*	Zolpidem (≤10 mg) (N=685)	Placebo (N=473)
Central and Peripheral Nervous System		
Headache	7	6
Drowsiness	2	–
Dizziness	1	–
Gastrointestinal System		
Nausea	2	3
Diarrhea	1	–
Musculoskeletal System		
Myalgia	1	2

*Events reported by at least 1% of Ambien patients are included.

Incidence of Treatment-Emergent Adverse Experiences in Long-term Placebo-Controlled Clinical Trials
(Percentage of patients reporting)

Body System/ Adverse Event*	Zolpidem (≤10 mg) (N=152)	Placebo (N=161)
Autonomic Nervous System		
Dry mouth	3	1
Body as a Whole		
Allergy	4	1
Back pain	3	2
Influenza-like symptoms	2	–
Chest pain	1	–
Fatigue	1	2
Cardiovascular System		
Palpitation	2	–
Central and Peripheral Nervous System		
Headache	19	22
Drowsiness	8	5
Dizziness	5	1
Lethargy	3	1
Drugged feeling	3	–
Lightheadedness	2	1
Depression	2	1
Abnormal dreams	1	–
Amnesia	1	–
Anxiety	1	1
Nervousness	1	3
Sleep disorder	1	–
Gastrointestinal System		
Nausea	6	6
Dyspepsia	5	6
Diarrhea	3	2
Abdominal pain	2	2
Constipation	2	1
Anorexia	1	1
Vomiting	1	1

Incidence of Treatment-Emergent Adverse Experiences in Long-term Placebo-Controlled Clinical Trials (Cont'd)
(Percentage of patients reporting)

Body System/ Adverse Event*	Zolpidem (≤10 mg) (N=152)	Placebo (N=161)
Immunologic System		
Infection	1	1
Musculoskeletal System		
Myalgia	7	7
Arthralgia	4	4
Respiratory System		
Upper respiratory infection	5	6
Sinusitis	4	2
Pharyngitis	3	1
Rhinitis	1	3
Skin and Appendages		
Rash	2	1
Urogenital System		
Urinary tract infection	2	2

*Events reported by at least 1% of patients treated with Ambien

There is evidence from dose comparison trials suggesting a dose tionship for many of the adverse events associated with zolpidem use ticularly for certain CNS and gastrointestinal adverse events.

Adverse events are further classified and enumerated in ord decreasing frequency using the following definitions: frequent ad events are defined as those occurring in greater than 1/100 subjects; quent adverse events are those occurring in 1/100 to 1/1,000 patients events are those occurring in less than 1/1,000 patients.

Frequent: abdominal pain, abnormal dreams, allergy, amnesia, ano anxiety, arthralgia, asthenia, ataxia, back pain, chest pain, confusion stipation, depression, diarrhea, diplopia, dizziness, drowsiness, dru feeling, dry mouth, dyspepsia, euphoria, fatigue, headache, hiccup, tion, influenza-like symptoms, insomnia, lethargy, lightheadedness, gia, nausea, nervousness, palpitation, sleep disorder, vertigo, vision a mal, vomiting.

Infrequent: abnormal hepatic function, agitation, arthritis, bronchitis, brovascular disorder, coughing, cystitis, decreased cognition, dete difficulty concentrating, dysarthria, dysphagia, dyspnea, edema, emot lability, eye irritation, eye pain, falling, fever, flatulence, gastroent hallucination, hyperglycemia, hypertension, hypoesthesia, illu increased SGPT, increased sweating, leg cramps, malaise, menstrua order, migraine, pallor, paresthesia, postural hypotension, pruritus, tis, sleeping (after daytime dosing), speech disorder, stupor, syn tachycardia, taste perversion, thirst, tinnitus, trauma, tremor, u incontinence, vaginitis.

Rare: abdominal body sensation, abnormal accommodation, abn gait, abnormal thinking, abscess, acne, acute renal failure, aggressive tion, allergic reaction, allergy aggravated, altered saliva, anaphy shock, anemia, angina pectoris, apathy, appetite increased, arrhyt arteritis, arthrosis, bilirubinemia, breast fibroadenosis, breast neop breast pain, bronchospasm, bullous eruption, circulatory failure, co tivitis, corneal ulceration, decreased libido, delusion, dementia, depe alization, dermatitis, dysphasia, dysuria, enteritis, epistaxis, eruct esophagospasm, extrasystoles, face edema, feeling strange, flus furunculosis, gastritis, glaucoma, gout, hemorrhoids, herpes sim herpes zoster, hot flashes, hypercholesteremia, hyperhemoglobin hyperlipidemia, hypertension aggravated, hypokinesia, hypoter hypotonia, hypoxia, hysteria, impotence, increased alkaline phosph increased BUN, increased ESR, increased saliva, increased SGOT, tion-site inflammation, intestinal obstruction, intoxicated feeling, lac tion abnormal, laryngitis, leukopenia, lymphadenopathy, macr anemia, manic reaction, micturition frequency, muscle weakness, my dial infarction, neuralgia, neuritis, neuropathy, neurosis, nocturia, externa, otitis media, pain, panic attacks, paresis, parosmia, perip edema, personality disorder, phlebitis, photopsia, photosensitivity tion, pneumonia, polyuria, pulmonary edema, pulmonary embolism pura, pyelonephritis, rectal hemorrhage, renal pain, restless legs, sciatica, somnambulism, suicide attempts, tendinitis, tenesmus, t thrombosis, tolerance increased, tooth caries, urinary retention, urti varicose veins, ventricular tachycardia, weight decrease, yawning.

DRUG ABUSE AND DEPENDENCE

Controlled substance: Schedule IV.

Abuse and dependence: Studies of abuse potential in former drug ab found that the effects of single doses of zolpidem tartrate 40 mg were ilar, but not identical, to diazepam 20 mg, while zolpidem tartrate 1 was difficult to distinguish from placebo.

Sedative/hypnotics have produced withdrawal signs and symptom lowing abrupt discontinuation. These reported symptoms range from dysphoria and insomnia to a withdrawal syndrome that may in abdominal and muscle cramps, vomiting, sweating, tremors, and co sions. The U.S. clinical trial experience from zolpidem does not reve clear evidence for withdrawal syndrome. Nevertheless, the follo adverse events included in DSM-III-R criteria for uncomplicated sed hypnotic withdrawal were reported at an incidence of ≤1% during U.S ical trials following placebo substitution occurring within 48 hours fo ing last zolpidem treatment: fatigue, nausea, flushing, lightheaded uncontrolled crying, emesis, stomach cramps, panic attack, nervous and abdominal discomfort.

Individuals with a history of addiction to, or abuse of, drugs or a are at risk of habituation and dependence; they should be under c surveillance when receiving any hypnotic.

OVERDOSAGE

Signs and symptoms: In European postmarketing reports of overdos zolpidem alone, impairment of consciousness has ranged from sc lence to light coma, with one case each of cardiovascular and respir compromise. Individuals have fully recovered from zolpidem tartrate doses up to 400 mg (40 times the maximum recommended dose). dose cases involving multiple CNS-depressant agents, including zolp have resulted in more severe symptomatology, including fatal outco

Recommended treatment: General symptomatic and supportive mea should be used along with immediate gastric lavage where approp Intravenous fluids should be administered as needed. Flumazenil m useful. Respiration, pulse, blood pressure, and other appropriate should be monitored and general supportive measures employed. S ing drugs should be withheld following zolpidem overdosage. Zolpid not dialyzable.

The possibility of multiple drug ingestion should be considered.

Caution: Federal law prohibits dispensing without prescription.

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healing hands

continued from page 82

duction of stress hormones. That response translates into a significant health benefit for people with asthma, severe burns, depression, insomnia, eating disorders, or rheumatoid arthritis. In one study, massage bolstered the immune systems of HIV-positive men, which may help ward off dangerous infections. Massage also helped premature infants gain weight. Forty premature babies who received 15-minute rubdowns three times a day for 10 days gained almost 50 percent more weight than similar infants who were not massaged.

"There's now plenty of evidence that massage is more than just a feel-good thing," says Donna Deming, M.D., a family-practice physician in Albuquerque, New Mexico. "It has therapeutic benefits as well."

Bodywork can fulfill a need often missing in our busy and fragmented lives. "There is a basic human need for touch," says Thomas Claire, a message therapist and author of *Bodywork: What Type of Massage to Get—And How to Make the Most of It* ($25, 1995, William Morrow). "The more high-tech our society becomes, the less physical contact there is."



Bodywork can fulfill a need often missing in our busy and fragmented lives.

Which one is for you? Most therapies are grouped into three categories. Some, like massage, emphasize tissue manipulation—the kneading, pressing, and stroking of muscles—and are done most often to ease physical complaints. Others, called "movement awareness" methods, include physical touch and seek to retrain how people hold and use their bodies. A third group focuses on "energy balancing" and seeks to harmonize the body, mind, and spirit.

These categories aren't neat and tidy. Most methods take a holistic view of health and regard the mind and body as one when it comes to preventing and treating disease. But techniques vary markedly.

Your choice may depend on your purpose, your comfort level with various kinds of touch, and such practical considerations as whether you enjoy having oil rubbed on your skin, says Claire.

Following is a rundown on rubdowns, but first, a note of caution: Bodywork is not a substitute for medical care. Use it to reduce stress or complement medical treatment.

As pleasurable as it is, bodywork can sometimes aggravate existing health problems. For instance, massage usually isn't recommended (or certain body parts should be avoided during treatment) if you have: an open wound; a fracture or dislocation; an infectious disease; certain skin conditions; certain cancers; blood-vessel ailments, such as severe varicose veins; or any heart problems.

Swedish massage: The classic. Traditional massage dates back centuries in many different cultures. Hippocrates, the ancient Greek physician, viewed "rubbing" as a standard part of any doctor's repertoire.

The modern-day version, developed more than 150 years ago by a Swede named Per Ling, features long, gliding strokes as well as rubbing, kneading, and tapping or chopping movements.

Swedish massage eases muscle tension and relieves pain, especially headaches, neck pain, and back problems. In one study, massage helped reduce back pain in 86 percent of patients. It also can reduce scar tissue that develops after injury and make joints more flexible, says Shawne Bryant, M.D., an ob/gyn in Virginia Beach, Virginia, who also is a certified massage therapist.

Swedish massage also increases blood flow. Improved circulation can help people with arthritis, whose fluids can accumulate and joints swell, says Dr. Bryant.

In recent years, variations on the classic massage have become more popular. They include deep-tissue massage (using slow strokes and deep pressure to release tension and muscle spasms), trigger point or neuromuscular therapy (direct pressure on highly sensitive muscle areas to dull pain), and sports massage (tailoring massage techniques to muscles used in a particular sport). For the first time in history, the 1996 Olympic Games in Atlanta will include sports massage as part of its official medical care.

Trager: Touch and movement. As helpful as massage can be, some critics complain its effects don't last long. Another group of therapies uses touch, movement, and body awareness to correct problems and prevent them from recurring.

Tagged with the awkward label, "movement reeducation," these therapies can help you move differently and

continued on page 88

FOR MORE INFORMATION:

● **Massage.** Call the American Massage Therapy Association at 847/864-0123. ● **Reflexology.** Call the International Institute of Reflexology at 813/343-4811. ● **Trager.** Contact the Trager Institute at 415/388-2688. ● **Shiatsu.** Call the American Oriental Bodywork Therapy Association at 609/782-1616. ● **Therapeutic touch.** Write the Nurse Healers Professional Associates, P.O. Box 111, Allison Park, PA 15101.



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ere's no denying that it's delicious.



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healing hands

continued from page 86

redistribute the ways your body stores tension, which often leads to back pain, neck strain, and loss of mobility. Developed more than a half-century ago by Milton Trager, M.D., the Trager Approach® uses gentle, rhythmic rocking and shaking to release tension and loosen joints. Unlike massage, it avoids pressure. "We try to coax or elicit softness out of the body," says Gwen Crowell, a Trager practitioner in Seattle.

During a Trager session, which usually lasts 1 to 1½ hours, a person lies or sits on a table while a practitioner applies gentle rocking techniques. Rather than directly correcting a muscle problem, the practitioner leads clients into a deeply relaxed state and guides them through movements to discover a more fluid range of motion.

"People often don't realize how much tension they store, how rigid and restricted their movements become over time," says Crowell. "We try to help them become more loose and playful."

Shiatsu, or Oriental massage. Shiatsu, Japanese for "finger pressure," is a kind of no-needles acupuncture. Based on traditional Asian medicine, it recognizes a vital force, called *ki*, that circulates throughout your body along invisible pathways called meridians. Shiatsu therapists believe each path corresponds to specific organs. Illness, as well as chronic aches and pains, occurs when this vital energy is blocked, disrupted, or thrown out of whack.

Therapists use their hands, elbows, and even their feet to press points along these meridians. "We try to rebalance the flow of energy throughout the body so that the body can heal itself," says Carl Dubitsky, the Boulder bodywork therapist who practices Shiatsu.

Some Western research suggests such acupressure may trigger the release of endorphins, your body's natural painkillers.

"It's helped me live without pain," says Bill Cohen, 55, a Boulder attorney, who has been suffering from back pain for over 20 years. An athletic person and former skier, Cohen hurt his back lifting a lawn mower then aggravated it with constant business travel. Hospitalized twice, he eventually found relief with bodywork. In recent years, regular Shiatsu sessions have kept him pain-free and off medications. "Without them, I'd be hurting," he says.

Done on a floor mat rather than a table, a typical Shiatsu session lasts about an hour. It uses no oil. Clothing is optional. Depending on the way it is done, Shiatsu can be gentle or quite forceful.

Like Shiatsu, reflexology uses pressure to rebalance the blocked energy thought to cause pain and disease. Using the foot as a map for the human body, reflexologists press on areas of the feet (and sometimes hands) believed to correspond to organs and other body parts. For example, a reflexologist might try to relieve a headache by manipulating a person's toes.

More generally, many reflexologists aim to relieve stress and increase energy, says Laura Norman, a reflexologist and author of *Feet First: A Guide to Foot Reflexology* ($14, 1988, Simon & Schuster). "Stress is like a tourniquet," she says. "Reflexology releases the tourniquet."

Therapeutic touch: Healing with energy. In the 1970s, Dolores Krieger, Ph.D., R.N., a nursing professor at New York University, popularized therapeutic touch as a modern-day interpretation of a number of ancient practices, including the "laying on of hands." The method is based on the premise that human beings emit an energy that surrounds and penetrates the body. Sickness and disease reflect an energy imbalance.

The name, however, is a misnomer. Therapeutic touch typically involves no actual touching. During sessions, a practitioner's hands rest 2 to 6 inches above your body and move from head to toe to identify imbalanced areas in the energy field.

Skeptics view therapeutic touch as akin to faith healing. They concede it may comfort patients, but any positive effects are a placebo. Yet, the effectiveness of therapeutic touch has been demonstrated in a number of scientific studies.

The practice, taught at more than 80 U.S. colleges and universities, has won a devoted following, especially among nurses. "It sounds magical or mystical," says author Thomas Claire, "but it has support from serious health professionals."

BODYWORK BASICS

In your search for a good bodywork practitioner, author and massage therapist Thomas Claire suggests the following :

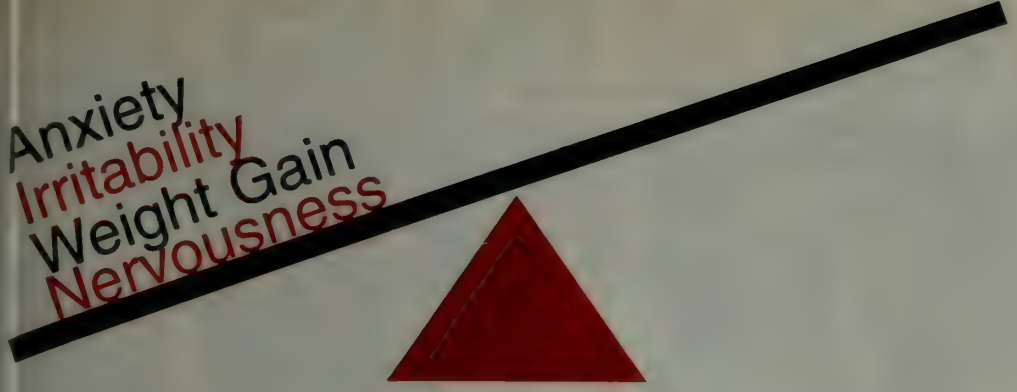
▲ Ask for personal recommendations. Word of mouth referrals can help you find a therapist who suits your style.

▲ Check credentials and experience. Choose licensed or certified practitioners. (For massage, look for a "licensed massage therapist" not a "massage parlor.")

▲ Do an attitude check. Select a person who is professional, respectful, and inspires your confidence. Many people feel vulnerable when someone works on their body.

▲ State your personal preferences. When you make an appointment, say if you prefer a man or woman, and whether you prefer to stay in underwear or a swimsuit instead of being naked. (In either case, you should always be draped with a sheet so that only the area of your body being worked on is exposed.) Speak up if any moves feel uncomfortable or painful.

▲ Check your insurance policy. Bodywork may be covered if prescribed by a doctor.



Stopping smoking can be a burden for you.

When you stop smoking, you're likely to feel tense, nervous, irritable, anxious — even eat more. You may think it's purely psychological, but it's also physical. It's caused by your body craving nicotine — *physically* craving nicotine. And Habitrol can help relieve those cravings.

Habitrol is a nicotine patch, available only by prescription from your doctor. It replaces some of the nicotine you're not getting from cigarettes and helps lessen the effects of your withdrawal symptoms. When used as part of a comprehensive behavioral smoking cessation program, Habitrol has been clinically proven to increase the chances of quitting smoking in the critical first three months. That's when the nicotine withdrawal symptoms force many people back to smoking.

Remember how stressed out and anxious you felt the last time you tried to quit? And how you thought it was purely psychological and there was nothing that could help you? Well, now you know it's also physical and there is something that can help you. Habitrol.

Habitrol® helps lighten your load.



Important Information
You Should Know

Habitrol is a drug indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Its effectiveness has been established only as part of a comprehensive behavioral smoking cessation program. It won't work for everyone. In studies during the first 3 months after quitting, Habitrol has been shown to increase the chances of stopping smoking. Long-term studies of Habitrol haven't been conducted. It shouldn't be used for more than 3 months.

Habitrol, like cigarettes, contains nicotine, so stop smoking completely before starting Habitrol. And do not smoke or use anything with nicotine while on it. If you're pregnant or nursing (nicotine could cause fetal harm) or have heart disease, or other conditions, ask your doctor about other ways to stop smoking. If you're taking prescription medicine or under a doctor's care, ask your doctor about the potential risks of Habitrol. Habitrol hasn't been studied in pregnant women or in patients under 18. Used and unused Habitrol systems should be kept out of the reach of children and pets.

Turn Page For Additional
Important Information.

Habitrol®
(nicotine transdermal system)

Systemic delivery of 21, 14, or 7 mg/day over 24 hours

BRIEF SUMMARY. FOR FULL PRESCRIBING INFORMATION SEE PACKAGE INSERT.

INDICATIONS AND USAGE
Habitrol treatment is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Habitrol treatment should be used as a part of a comprehensive behavioral smoking cessation program. The use of Habitrol systems for longer than 3 months has not been studied.

CONTRAINDICATIONS
Use of Habitrol systems is contraindicated in patients with hypersensitivity or allergy to nicotine or to any of the components of the therapeutic system.

WARNINGS
Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Habitrol systems, and the likelihood of achieving cessation of smoking without nicotine replacement.

Pregnancy Warning
Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Habitrol treatment can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Habitrol systems has not been examined in pregnancy (see PRECAUTIONS, Other Effects). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Habitrol therapy is used during pregnancy, or if the patient becomes pregnant while using Habitrol treatment, the patient should be apprised of the potential hazard to the fetus.

Safety Note Concerning Children
The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if Habitrol systems are applied or ingested by children or pets. Used 21 mg/day systems contain about 60% (32 mg) of their initial drug content. Therefore, patients should be cautioned to keep both used and unused Habitrol systems out of the reach of children and pets.

PRECAUTIONS

General
The patient should be urged to stop smoking completely when initiating Habitrol therapy. Patients should be informed that if they continue to smoke while using Habitrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the Habitrol dose should be reduced or Habitrol treatment discontinued (see WARNINGS).
Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions).

The use of Habitrol systems beyond 3 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting.

Allergic Reactions: In a 12-week, open-label dermal irritation and sensitization study of Habitrol systems, 22 of 223 patients exhibited definite erythema at 24 hours after application. Upon rechallenge, 3 patients exhibited mild-to-moderate contact allergy. Patients with contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. In the efficacy trials, erythema following system removal was typically seen in about 17% of patients, some edema in 4%, and dropouts due to skin reactions occurred in 6% of patients.

Patients should be instructed to promptly discontinue the Habitrol treatment and contact their physicians if they experience severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus or edema) or a generalized skin reaction (e.g., urticaria, hives, or generalized rash).

Skin Disease: Habitrol systems are usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (atopic or eczematous dermatitis).

Cardiovascular or Peripheral Vascular Diseases: The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed.

Tachycardia occurring in association with the use of Habitrol treatment was reported occasionally. If serious cardiovascular symptoms occur with Habitrol treatment, it should be discontinued.

Habitrol treatment should generally not be used in patients during the immediate post-myocardial infarction period, patients with serious arrythmias, and patients with severe or worsening angina pectoris.

Renal or Hepatic Insufficiency: The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation.

Endocrine Diseases: Habitrol treatment should be used with caution in patients with hyperthyroidism, pheochromocytoma or insulin-dependent diabetes since nicotine causes the release of catecholamines by the adrenal medulla.

Peptic Ulcer Disease: Nicotine delays healing in peptic ulcer disease; therefore, Habitrol treatment should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Accelerated Hypertension: Nicotine constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Habitrol treatment should be used with caution in [illegible] and only when the benefits of including nicotine replacement in a smoki[illegible] the risks.

Information for Patients
A patient instruction sheet is included in the package [illegible] used to the patient. It contains important information and inst[illegible] dispose of Habitrol systems properly. Patients should be [illegible] tions of the physician and pharmacist. Patients must be advised [illegible] and unused systems out of the reach of children and pets.

Drug Interactions
Smoking cessation with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	Possible Mechanism
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation

May Require an Increase in Dose at Cessation of Smoking	Possible Mechanism
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility
Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidence of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor-initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats.

Nicotine and cotinine were not mutagenic in the Ames *Salmonella* test. Nicotine induced repairable DNA damage in an *E. coli* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation.

Pregnancy Category D (see WARNINGS)
The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include low birth weight, an increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of Habitrol treatment on fetal development are unknown. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contributing factor cannot be excluded.

Habitrol treatment should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of use of nicotine replacement by the patient, who may continue to smoke.

Teratogenicity
Animal Studies: Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg/day IP or SC).
Human Studies: Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans.

Other Effects
Animal Studies: A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking 1 cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 mg/kg/min nicotine for 20 minutes to pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes).
Human Experience: Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low-birth-weight infants and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on fetal cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate, and decreased uterine blood flow and fetal breathing movements. Habitrol treatment has not been studied in pregnant humans.

Labor and Delivery
Habitrol systems are not recommended to be left on during labor and delivery. The effects of nicotine on the mother or the fetus during labor are unknown.

Nursing Mothers
Caution should be exercised when Habitrol therapy is administered to nursing women. The safety of Habitrol treatment in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk-to-plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first-pass clearance; however, the efficiency of removal is probably lowest at birth. The nicotine concentrations in milk can be expected to be lower with Habitrol treatment when used as directed than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Habitrol systems should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Habitrol systems alone or in combination with continued smoking.

Pediatric Use
Habitrol systems are not recommended for use in children because the safety and effectiveness of Habitrol treatment in children and adolescents who smoke have not been evaluated.

Geriatric Use
Forty-eight patients over the age of 60 participated in clinical trials of Habitrol therapy. Habitrol therapy appeared to be as effective in this age group as in younger smokers.

ADVERSE REACTIONS
Assessment of adverse events in the 792 patients who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by concurrent smoking by many of the patients. In the trials, when reporting adverse events, the investigators did not attempt to identify the cause of the symptom.

Topical Adverse Events
[illegible] adverse event associated with topical nicotine is a short-lived [illegible] or burning at the application site, which was seen at least once in [illegible] Habitrol treatment in the clinical trials. Local erythema after system removal was noted at least once in 17% of patients and local edema in 4%. Erythema generally resolved within 24 hours. Cutaneous hypersensitivity (contact sensitization) occurred in 2% of patients on Habitrol treatment (see PRECAUTIONS, Allergic Reactions).

Probably Causally Related
The following adverse events were reported more frequently in Habitrol-treated patients than in placebo-treated patients or exhibited a dose response in clinical trials.
Digestive system – Diarrhea*, dyspepsia*
Mouth/Tooth disorders – Dry mouth.
Musculoskeletal system – Arthralgia*, myalgia*
Nervous system – Abnormal dreams†, somnolence†.

Frequencies for 21 mg/day system
*Reported in 3% to 9% of patients.
†Reported in 1% to 3% of patients
Unmarked if reported in < 1% of patients.

Causal Relationship Unknown
Adverse events reported in Habitrol- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of the association between Habitrol treatment and these events is unknown, but they are reported as alerting information for the clinician.
Body as a whole - Allergy†, back pain†.
Cardiovascular system - Hypertension†.
Digestive system – Abdominal pain†, constipation†, nausea*, vomiting.
Nervous system – Dizziness*, concentration impaired†, headache (17%), insomnia*
Respiratory system – Cough increased†, pharyngitis†, sinusitis†.
Urogenital system – Dysmenorrhea*.

Frequencies for 21 mg/day system
*Reported in 3% to 9% of patients.
†Reported in 1% to 3% of patients.
Unmarked if reported in < 1% of patients.

DRUG ABUSE AND DEPENDENCE
Habitrol systems are likely to have a low abuse potential based on differences between [illegible] and cigarettes in four characteristics commonly considered important in contributing to abuse: much slower absorption, much smaller fluctuations in blood levels, lower blood levels of nicotine, and less frequent use (i.e. once daily).

Dependence on nicotine polacrilex chewing gum replacement therapy has been reported. Such dependence might also occur from transference to Habitrol systems of tobacco-based nicotine dependence. The use of the system beyond 3 months has not been evaluated and should be discouraged.

To minimize the risk of dependence, patients should be encouraged to withdraw gradually from Habitrol treatment after 4 to 8 weeks of usage. Recommended dose reduction is to progressively decrease the dose every 2 to 4 weeks.

OVERDOSAGE
The effects of applying several Habitrol systems simultaneously or of swallowing Habitrol systems are unknown (see WARNINGS, Safety Note Concerning Children).

The oral LD_{50} for nicotine in rodents varies with species but is in excess of 24 mg/kg; death is due to respiratory paralysis. The oral minimum lethal dose of nicotine in dogs is greater than 5 mg/kg. The oral minimum acute lethal dose for nicotine in human adults is reported to be 40 to 60 mg (<1 mg/kg).

Two or three Habitrol 30 cm^2 systems in capsules fed to dogs weighing 8-17 kg were emetic, but did not produce any other significant clinical signs. The administration of these patches corresponds to about 6-17 mg/kg of nicotine.

Signs and symptoms of an overdose of Habitrol systems would be expected to be the same as those of acute nicotine poisoning including: pallor, cold swea[illegible] nausea, salivation, vomiting, abdominal pain, diarrhea, headache, dizziness, dis[illegible] turbed hearing and vision, tremor, mental confusion, and weakness. Prostration, hypotension, and respiratory failure may ensue with large overdoses. Lethal doses produce convulsions quickly and death follows as a result of peripheral o[illegible] central respiratory paralysis or, less frequently, cardiac failure.

Overdose From Topical Exposure
The Habitrol system should be removed immediately if the patient shows signs of overdosage and the patient should seek immediate medical care. The skin surface may be flushed with water and dried. No soap should be used since it may increase nicotine absorption. Nicotine will continue to be delivered into the bloodstream for several hours after removal of the system because of a depot of nicotine in the skin.

Overdose From Ingestion
Persons ingesting Habitrol systems should be referred to a health care facility for management. Due to the possibility of nicotine-induced seizures, activated charcoal should be administered. In unconscious patients with a secure airway, instill activated charcoal via nasogastric tube. A saline cathartic or sorbitol added to the first dose of activated charcoal may speed gastrointestinal passage of the system. Repeated doses of activated charcoal should be administered as long as the system remains in the gastrointestinal tract since it will continue to release nicotine for many hours.

Management of Nicotine Poisoning
Other supportive measures include diazepam or barbiturates for seizures, atropine for excessive bronchial secretions or diarrhea, respiratory support for respiratory failure, and vigorous fluid support for hypotension and cardiovascular collapse.

Safety and Handling
Habitrol systems can be a dermal irritant and can cause contact sensitization. Although exposure of health care workers to nicotine from Habitrol systems should be minimal, care should be taken to avoid unnecessary contact with active systems. If active systems are handled, wash with water alone, since soap may increase nicotine absorption. Do not touch eyes. KEEP OUT OF REACH OF CHILDREN.

Disposal
When the used system is removed from the skin, it should be folded over and placed in the protective pouch which contained the new system. The used system should be immediately disposed of in such a way to prevent its access by children or pets. See patient information for further directions for handling and disposal.

How to Store
Do not store above 86°F (30°C) because Habitrol systems are sensitive to heat. A slight discoloration of the system is not significant.

Do not store unpouched. Once removed from the protective pouch, Habitrol systems should be applied promptly since nicotine is volatile and the system may lose strength.

The use of this product is covered by U.S. patent No. 4,597,961. #68503A

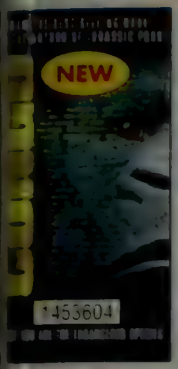
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Printed in U.S.A. Rev. 3/9

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by Kevin T. Knight



Walk Your Way to a Better Body

Change your thinking and your body this spring with a daily walking program that rewards every step. It's easy to start and doesn't require special equipment. Best of all, it works.

Just ask Dorine Watson.

The New Yorker literally walked herself in half in 12 months. Dorine's weight dropped from 265 pounds to 130. Her dress size shrunk from size 28 to 5. And her self-esteem went through the roof. Before and after photographs of the 41-year-old mother of three were so dramatic, they landed her a spot on the Oprah Winfrey show last year.

Dorine, who is the same age as Winfrey, wasn't intimidated by the toned talk show host. "Many people look at her and say, 'Oh, she's wealthy. She's got a personal trainer. She's got a cook. That's why she's so fit.' Well, I didn't have any of those things. But I did have desire, two good feet, and a pair of walking shoes that I used every day."

One hour of brisk walking at five miles per hour, or 12 minutes per mile, burns 530 calories.

Fitness walking, or walking briskly at about a 15-minute-mile pace, has quickly become the most popular way to stay fit in this country, surpassing running, biking, aerobics, and weight lifting.

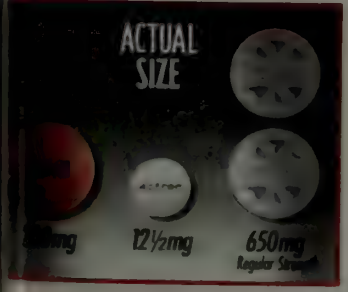
More than 16 million people take two or more walks each week, reports American Sports Data Inc. It's easy to see why, when you consider all that walking can do for you:

- One hour of brisk walking at five miles per hour, or 12 minutes per mile, burns 530 calories versus 480 for jogging. Walkers take more steps and use their arms more.
- Walking one mile in 16 minutes lowers cholesterol levels the same amount as running a mile in seven to 10 minutes, according to research by Terry Kavanaugh, M.D., a

continued on page 96



IT'S THIS POWERFUL



For the agonizing pain of menstrual cramps, there's now a very small solution: Actron.™ It gives you powerful pain relief in the smallest form ever.

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For Allergies.

Feel like yourself again. Ask your doctor about new Zyrtec.

No other prescription medicine proven effective for both seasonal and year-round allergies plus chronic itching and hives.

Easy. Just one tablet provides 24-hour relief from sneezing, itchy runny nose, and itchy watery eyes.

Proven. Used in 92 countries worldwide, with over 2.3 billion patient-days of experience[1]

Ask your doctor about a trial of new Zyrtec. For a free brochure on allergies and relief of allergy symptoms with Zyrtec, ***call 1-800-BE MYSELF.***

Well accepted. As with all medications, side effects may occur. Always talk to your healthcare provider about any medication you may take. However, when Zyrtec was studied, most side effects were mild to moderate and included dry mouth and fatigue. The most common side effect was drowsiness (14% versus 6% on placebo). Only one out of one-hundred patients stopped taking Zyrtec due to drowsiness.

Zyrtec™
(cetirizine HCl) tablets

For Allergies
Feel like yourself again.

Please see following page for information about Zyrtec 5mg and 10mg tablets.

Pfizer

UCB Pharma

Patients from 82 countries during January 1988-October 1995

For Allergic Rhinitis and Chronic Idiopathic Urticaria

Zyrtec (cetirizine HCl) tablets

Brief Summary
ZYRTEC™ (cetirizine hydrochloride) Tablets
For Oral Use (FOR FULL PRESCRIBING INFORMATION, CONSULT PACKAGE INSERT) **CONTRAINDICATIONS** ZYRTEC is contraindicated in those patients with a known hypersensitivity to it or any of its ingredients or hydroxyzine. **PRECAUTIONS** Activities Requiring Mental Alertness: In clinical trials, the occurrence of somnolence has been reported in some patients taking ZYRTEC; due caution should therefore be exercised when driving a car or operating potentially dangerous machinery. Concurrent use of ZYRTEC with alcohol or other CNS depressants should be avoided because additional reductions in alertness and additional impairment of CNS performance may occur. **Drug-drug interactions:** No clinically significant drug interactions have been found with theophylline at a low dose, azithromycin, pseudoephedrine, ketoconazole, or erythromycin. There was a small decrease in the clearance of cetirizine caused by a 400 mg dose of theophylline; it is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** No evidence of carcinogenicity was observed in a 2-year carcinogenicity study in rats at dietary doses up to 20 mg/kg/day (15 times the maximum recommended human dose on a mg/m^2/day basis). An increased incidence of benign liver tumors was found in a 2-year carcinogenicity study in male mice at a dietary dose of 16 mg/kg/day (6 times the maximum recommended human dose on a mg/m^2/day basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and the *in vivo* micronucleus test in rats. No impairment of fertility was found in a fertility and general reproductive performance study in mice at a dose of 64 mg/kg/day (26 times the maximum recommended human dose on a mg/m^2/day basis). **Pregnancy Category B:** Cetirizine was not teratogenic in mice, rats and rabbits at doses up to 96, 225, and 135 mg/kg/day (or 40, 180, and 216 times the maximum recommended human dose on a mg/m^2/day basis), respectively. There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** Retarded pup weight gain was found in mice during lactation when dams were given cetirizine at 96 mg/kg/day (40 times the maximum recommended human dose on a mg/m^2/day basis). Studies in beagle dogs indicate that approximately 3% of the dose is excreted in milk. Cetirizine has been reported to be excreted in human breast milk; use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** In placebo-controlled trials, 186 patients age 65 to 94 years received doses of 5 to 20 mg of ZYRTEC per day. Adverse events were similar in this group to patients under age 65. Subset analysis of efficacy in this group was not done. **Pediatric Use:** Safety and effectiveness in children under 12 years of age has not been established. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 mg or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction that occurred more frequently on cetirizine than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related, 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo.

Table 1. Adverse Experiences Reported in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence)

Adverse Experience	ZYRTEC (N=2034)	Placebo (N=1612)
Somnolence	13.7	6.3
Fatigue	5.9	2.6
Dry Mouth	5.0	2.3
Pharyngitis	2.0	1.9
Dizziness	2.0	1.2

Due caution should be exercised when driving a car or operating potentially dangerous machinery.

In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. The following events were observed infrequently (less than 2%), in 3982 patients who received ZYRTEC in U.S. trials, including an open study of six months duration; a causal relationship with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, urinary retention, flushing, increased salivation. **Cardiovascular:** palpitation, tachycardia, hypertension, cardiac failure. **Central and Peripheral Nervous Systems:** paresthesia, confusion, hyperkinesia, hypertonia, migraine, tremor, vertigo, leg cramps, ataxia, dysphonia, abnormal coordination, hyperesthesia, hypoesthesia, myelitis, paralysis, ptosis, twitching, visual field defect. **Gastrointestinal:** increased appetite, dyspepsia, abdominal pain, diarrhea, flatulence, constipation, vomiting, ulcerative stomatitis, aggravated tooth caries, stomatitis, tongue discoloration, tongue edema, gastritis, rectal hemorrhage, hemorrhoids, melena, abnormal hepatic function. **Genitourinary:** polyuria, urinary tract infection, cystitis, dysuria, hematuria. **Hearing and Vestibular:** earache, tinnitus, deafness, ototoxicity. **Metabolic/Nutritional:** thirst, dehydration, diabetes mellitus. **Musculoskeletal:** myalgia, arthralgia, arthrosis, arthritis, muscle weakness. *Psychiatric:* insomnia, nervousness, depression, emotional lability, impaired concentration, anxiety, depersonalization, paroniria, abnormal thinking, agitation, amnesia, decreased libido, euphoria. **Respiratory System:** epistaxis, rhinitis, coughing, bronchospasm, dyspnea, upper respiratory tract infection, hyperventilation, sinusitis, increased sputum, bronchitis, pneumonia. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** pruritus, rash, dry skin, urticaria, acne, dermatitis, erythematous rash, increased sweating, alopecia, angioedema, furunculosis, bullous eruption, eczema, hyperkeratosis, hypertrichosis, photosensitivity reaction, photosensitivity toxic reaction, maculopapular rash, seborrhea, purpura. **Special Senses:** taste perversion, taste loss, parosmia. **Vision:** blindness, loss of accommodation, eye pain, conjunctivitis, xerophthalmia, glaucoma, ocular hemorrhage. **Body as a Whole:** increased weight, back pain, malaise, fever, asthenia, generalized edema, periorbital edema, peripheral edema, rigors, leg edema, face edema, hot flashes, enlarged abdomen, nasal polyp. Occasional instances of transient, reversible hepatic transaminase elevations have occurred during cetirizine therapy. A single case of possible drug-induced hepatitis with significant transaminase elevation (500 to 1000 IU/L) and elevated bilirubin has been reported. In foreign marketing experience the following additional rare, but potential severe adverse events have been reported: hemolytic anemia, thrombocytopenia, orofacial dyskinesia, severe hypotension, anaphylaxis, hepatitis, glomerulonephritis, stillbirth, and cholestasis. **DRUG ABUSE AND DEPENDENCE** There is no information to indicate that abuse or dependency occurs with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one patient who took 150 mg of ZYRTEC, the patient was somnolent but did not display any other clinical signs or abnormal blood chemistry or hematology results. Should overdose occur, treatment should be symptomatic or supportive, taking into account any concomitantly ingested medications. There is no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by dialysis, and dialysis will be ineffective unless a dialyzable agent has been concomitantly ingested. The minimal lethal oral dose in rodents is approximately 100 times the maximum recommended clinical dose on a mg/m^2 basis and the liver is the target organ of toxicity. **DOSAGE AND ADMINISTRATION** The recommended initial dose of ZYRTEC is 5 or 10 mg per day in adults and children 12 years and older, depending on symptom severity. Most patients in clinical trials started at 10 mg. ZYRTEC is given as a single daily dose, with or without food. The time of administration may be varied to suit individual patient needs. In patients with decreased renal function (creatinine clearance 11-31 mL/min), patients on hemodialysis (creatinine clearance less than 7 mL/min) and in hepatically impaired patients, a dose of 5 mg once daily is recommended. Zyrtec is licensed from UCB Pharma, Inc.

Pfizer Inc. Labs. Div. Pfizer Pharmaceuticals Group U.S. Pharmaceuticals Group

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Walk Your Way

continued from page 92

cardiologist at the Toronto Rehabilitation Center. Even slow walking can improve a woman's HDL, or "good" cholesterol. A study of sedentary, overweight, premenopausal women at the Cooper Institute for Aerobics Research showed that even those walking at a leisurely 3-mph pace enjoyed HDL gains of four to six percent.

• Walking is easier on your joints. Tests conducted at the University of Massachusetts show that a walker's foot lands with only 1.5 times the force of body weight. Running puts three times the force on your feet.

Kenneth Cooper, M.D., the man credited with inventing aerobics, even made unexpected changes in his own exercise regime after conducting several walking studies at his Dallas-based institute. "I became less concerned about getting my running in every night if I could get an appropriate amount of walking. I never would have considered that before," he says. "Now I go aerobic walking an hour after our evening meal and it doesn't bother me like a run would. Plus, I can come back the next day and run two miles in seventeen minutes. I'm walking more than ever before—probably half walking and half running—and haven't lost anything as a runner."



To achieve the maximum benefits of walking, you must be consistent.

Getting started. To achieve the maximum benefits of walking, you must be consistent. By logging at least two miles a day, four or more days a week, at an appropriate target heart rate, your weight will decrease as your overall health increases. Be sure to check with your doctor before starting a walking program, especially if you have a history of heart disease.

"The main reason people give for not starting a walking program is they don't have enough time," says Mark Fenton, coauthor of *The 90-Day Fitness Walking Program* ($10, 1995, Prigee). "You hear, 'I've got to pick up the kids. I've got to make lunches. I've got to get to work. I've got to work through lunch.' "

Fenton, a five-time member of the U.S. National Racewalking Team, a former research engineer at Reebok, and a senior editor at *Walking* magazine, recommends you start walking for 10 minutes a day for the first

continued on page 98



Remind yourself why you became a Caesar lover in the first place.

Also available in Fat Free.

Walk Your Way

continued from page 96

three weeks. Within three months, you can be walking briskly for 30 minutes a day, six days a week.

National fitness guidelines call for adults to accumulate 30 minutes or more a day of moderately intense physical activity. But the activity doesn't have to be all at once. If you can't squeeze in a 30-minute walk, take three, 10-minute walks.

James Rippe, M.D., a cardiologist and associate professor of medicine at Tufts University School of Medicine, says he doesn't recommend logging any more than five miles a day. "There doesn't seem to be much additional benefit beyond that level," he says.

You'll get the same health benefits walking on a motorized treadmill as you would if you walk outside, says Dr. Rippe. If you do your walking on a treadmill, Dr. Rippe recommends adding several degrees of incline to increase the workload and simulate walking uphill. By walking up an inclined treadmill at a normal pace, you can burn the same number of calories as a jogger on a flat surface.

While working up to a 15-minute mile is optimal, maintaining such a constant pace isn't always easy as the terrain and conditions change. A good way to tell if you're working hard enough is how well you can maintain conversation. If comfortable conversation is difficult, then you're most likely conditioning your cardiovascular system.

"If you can't just chat continuously while walking, that's a good sign," says Fenton. "Don't be afraid to make it a workout."

If you or someone in your family has a history of heart problems, ask your doctor about determining your target heart rate or invest in a heart-rate monitor. The monitors, which strap around your chest, are sold in most sporting goods stores for around $100.

Suit up for comfort. A comfortable pair of shoes and socks is all you really need to start walking. When buying a pair of walking shoes, try on at least three different brands, Fenton says. During the fitting, there should be a thumbnail's width between the shoe's end and big toe. The heel shouldn't slip, and the arch cushion should rest in your arch.

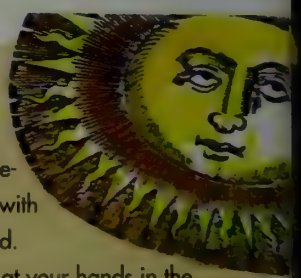
"Most people should walk in shoes that were designed for walking," says Fenton. "The higher heels on running shoes can cause shin pain in walkers while cross-training shoes tend to be a bit heavy."

Whatever you strap to your feet, be sure to do some light stretching before and after your walk. To keep your lower back, legs, and shins loose, be sure to stretch your Achilles tendon, hamstring, quadriceps, and calf muscles. Also, walk for five minutes before you start your program to warm up muscles.

And leave all the gimmicks at home. Martin Rudow, former Olympic walking coach and chief walking judge at the 1996 Olympics, *(see below)* says the best way to walk is empty handed.

"Walking with hand weights, ski poles, and the like adds little or nothing to a workout," Rudow says. "They might increase your heart rate a bit or build some different muscles, but they also slow down the pace and complicate things."

"Simplify, simplify, simplify," he adds. "That's my creed for keeping this fun." ⌂



HOW TO WALK FOR THE BEST RESULTS

Everyone knows how to walk, but most people don't know how to walk for the greatest benefit, says Martin Rudow, 1988 Olympic walking coach and chief walking judge at the 1996 Olympic Games in Atlanta.

"People either overstride, thinking big steps are better, or they don't relax, which is like walking with the brakes on," he says. "Both can be easily corrected." He offers a few suggestions:

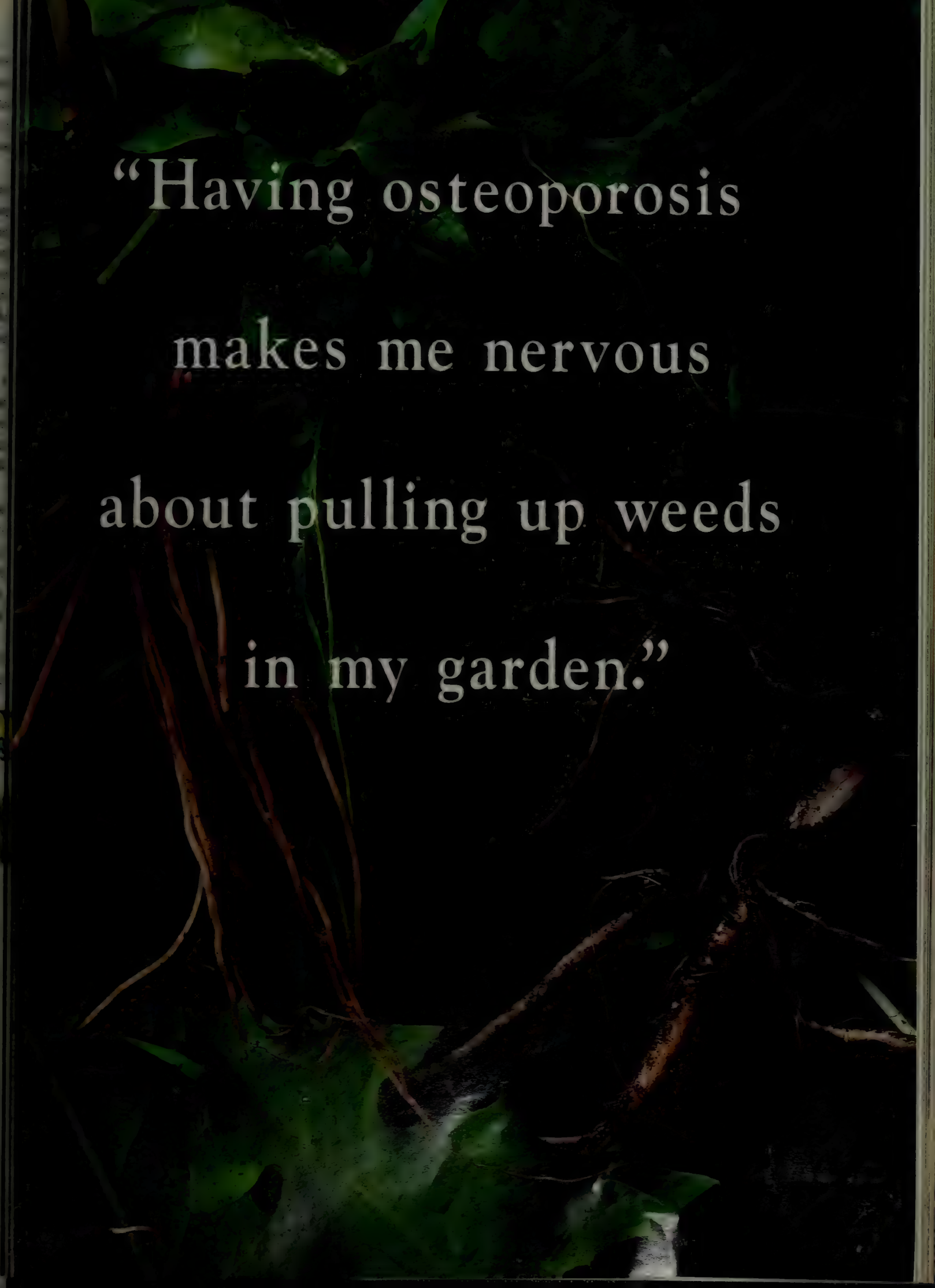
- Relax when walking. That doesn't mean going slow or avoiding hard work. It means consciously eliminating tension from your thinking and your body. And stand up straight!
- Bend your arms at an 85-degree angle and vigorously drive them with each stride for optimum balance and power. The easiest way to picture this is by standing sideways to a mirror with your arms at your side. Keep your upper arms next to your ribs while raising your lower arms until they are level with the floor, then raise them five more degrees. You should look like a cowboy who has just drawn a pair of six-shooters.

Next, practice driving both arms in opposition while they are bent at this angle. As one swings forward from the shoulder, the other drives back like an opposing piston. Your forearms should be brushing against your hips with each stride to keep energy directed forward.

To keep a compact, efficient stride, look at your hands in the mirror. When pumping forward, they should not rise above mid-chest. Pumping backward they shouldn't extend behind your hips.

- Keep the heel of your leading leg from touching the ground until your body is almost directly over that leg. This makes it easier to drive your leg and hip backward with each step, which also firms up the buttocks and large leg muscles. This heel-to-toe motion may be difficult at first because of weak shin muscles. If you make this change gradually, however, your body will adapt as strength increases.
- Make a commitment to regular walking. Rudow advises keeping a separate calendar for recording workouts. "It's gratifying to see the days fill up with two-, three-, and four-mile walks," he says. "But what's really great is watching a body and attitude improve. Walking changes lives."

Rudow's instructional walking video, "Maximum Walking," sells for $21.70. (To order, call 800/925-5629.)


"Having osteoporosis
makes me nervous
about pulling up weeds
in my garden."





FIGHT YOUR FEAR.

INTRODUCING FOSAMAX.

THE FIRST HORMONE-FREE TREATMENT FOR OSTEOPOROSIS PROVEN TO REBUILD BONE.

Having osteoporosis doesn't have to mean you'll never be able to do all the things you want to do.

Because now there's FOSAMAX–a breakthrough new treatment that's hormone-free and proven to restore lost bone in many women past menopause.

Is FOSAMAX right for you? Ask your doctor. It may cause side effects, though generally mild ones, most commonly stomach and muscle/bone pain. And it should be used with caution by those with certain stomach or digestive problems, and should not be used by those with severe kidney disease, low levels of calcium in their blood, or who are pregnant or nursing.

But if you're like most women with osteoporosis, FOSAMAX could be an exciting new option for you. And a way to build back your bone strength, as well as your confidence.

ASK YOUR DOCTOR

CALL FOR INFORMATION

1 800 567-4425

FOSAMAX®

(alendronate sodium tablets)

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Please see the Patient Information on the next page and discuss it with your doctor.

DID YOU KNOW?

20 million women in the U.S. have osteoporosis.

COULD YOU BE ONE OF THEM?

Women can have osteoporosis for years and not even know it. That's because, early in this disease, there are few, if any, physical effects that are noticeable. It's only later, as the disease progresses, that the effects can become more obvious—including restricted mobility, broken bones, and loss of height.

While menopause is a key factor leading to the development of osteoporosis, there are other factors that may add to your risk (even if none of these factors apply to you, you may still have osteoporosis):

• a family history of osteoporosis • Caucasian or Asian descent • thin or small build • smoking • too much alcohol • a previous broken bone that resulted from a minor injury • too little calcium • certain medications such as steroids (commonly used to treat asthma or arthritis) and thyroid hormones (if the dose is too high) • early menopause (before age 45)

The best way to manage your bone health is to work with your doctor, w can recommend evaluation and treatment programs that are best for you

FOR MORE INFORMATION ABOUT OSTEOPOROSIS, CALL 1 800 567-442

FOSAMAX® (alendronate sodium tablets) Patient Information about FOSAMAX® (FOSS-ah-max) for Osteoporosis

Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

What is FOSAMAX?

FOSAMAX is for the treatment of osteoporosis (thinning of bone) in women after menopause. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone increases and the bone is less likely to fracture. Thus, FOSAMAX reverses the progression of osteoporosis.

How should I take FOSAMAX?

There are six important things you must do to help make sure you will benefit from FOSAMAX:

1. Take FOSAMAX once a day, every day.
2. Take FOSAMAX first thing in the morning with plain water only.
   Not mineral water
   Not coffee or tea
   Not juice
   FOSAMAX is effective only if taken when your stomach is empty.
3. Take FOSAMAX at least 30 minutes before your first meal, beverage, or any other medication including antacids, calcium supplements and vitamins.
   Waiting for less than 30 minutes or taking FOSAMAX with food, beverages other than plain water, or other medications will lessen the effect of FOSAMAX by interfering with its absorption into the body. Waiting longer than 30 minutes will improve the absorption of FOSAMAX.
4. Take 1 tablet with a full glass (6-8 oz.) of plain water. Do not lie down for at least 30 minutes after taking FOSAMAX.
   These actions will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
5. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis only if you continue to take it.
6. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

Who should not take FOSAMAX?

Patients with:

- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually been mild. They generally have not caused patients to stop taking FOSAMAX.

Some patients treated with FOSAMAX in clinical studies experienced abdominal (stom pain, which was the most commonly reported side effect. Less frequently reported were digestive disturbances such as:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling i stomach, constipation, diarrhea and gas.

Muscle/bone pain, headache, or an altered sense of taste were also experienced by s patients. Rarely, a rash has occurred.

Any time you have a medical problem you think may be related to FOSAMAX, talk to your d

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resort Then new bone is formed. This balanced process of resorbing and forming bone keeps skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women menopause. Menopause happens when the ovaries stop producing the female horm estrogen, or are removed (which may occur, for example, at the time of a hysterecto After menopause, bone is removed faster than it is formed, so bone loss occurs and b become weaker.

At the start osteoporosis usually has no symptoms, but it can result in fractures (br bones). Fractures usually cause pain. Fractures of the bones of the spine may not be pa but over time they cause height loss. Eventually the spine becomes curved and the becomes bent over. Fractures may happen during normal, everyday activity, such as liftin from minor injury that would normally not cause bone to break. Fractures most often occ the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated?

- **Medication.** Your doctor may prescribe FOSAMAX.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend on more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of os porosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and hea Exercise must be safe to prevent injuries including fractures. You should consult doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patients osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, contact your local poison control center or emergency room immediately.

The Patient Information leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

MERCK & CO., INC. Issued September 1995 West Point, PA 19486, USA

MERCK

(alendronc sodium table

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J6FC04

Better *by* Design

Museum-Quality Furniture



In search of new furnishings with staying power? Look to the past. Reproduced from America's most historic homes, these timeless heirloom pieces go the distance, broaching the future with grace—and traditions that endure—one decade at a time.

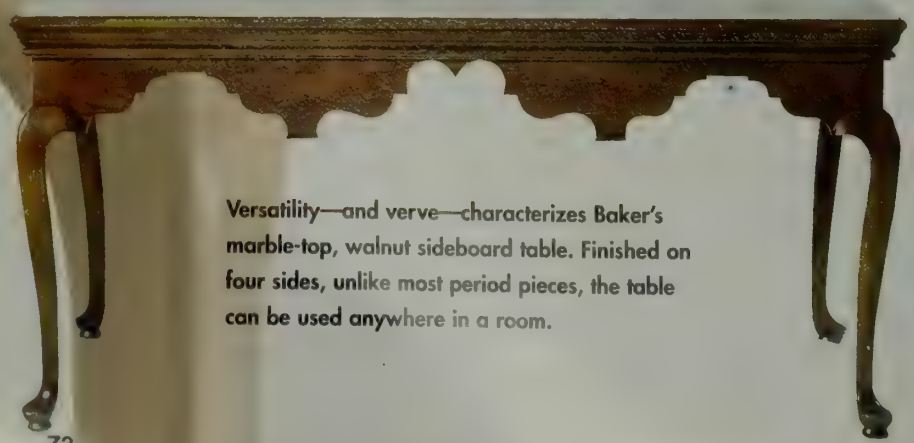
Produced by Joseph Boehm and Sandra S. Soria. Written by Candace Ord Manroe

Colonial Williamsburg

Virginia's Colonial Williamsburg remains the foremost living history museum of newborn America. A quick glance at the period furnishings that grace the museum homes there reveals the strong sense of symmetry and proportion that America's early furnituremakers brought with them from refined British design. Though these elements of the illustrious 18th-century English designs are evident, the colonists didn't just churn out cookie-cutter copies. A desire to improvise in a uniquely American way shows in the furnishings as well—the colonists knew what they liked and went for it, regardless of whether it was in fashion across the Atlantic. This is evidenced on the sideboard table, *below* (part of the reproduction program), originally crafted in Connecticut between 1750 and 1780. Though dramatic flourishes of the baroque style of earlier in the century had long faded from vogue in England, the table incorporated them anyway in its cabriole legs, pad feet, and deeply cut, shaped apron, which added drama without heavy carving.



Furnished entirely in reproductions, the Craft House on Merchant Square at Colonial Williamsburg represents the uncluttered refinement of Early American living. A graceful brocade camelback sofa, shapely Queen Anne armchair, and replica Oriental rug show off against a simple background, which includes a fireplace and moldings bearing the blue paint color most associated with Colonial Williamsburg.



Versatility—and verve—characterizes Baker's marble-top, walnut sideboard table. Finished on four sides, unlike most period pieces, the table can be used anywhere in a room.

Buying information, page Z30

continued on page Z4

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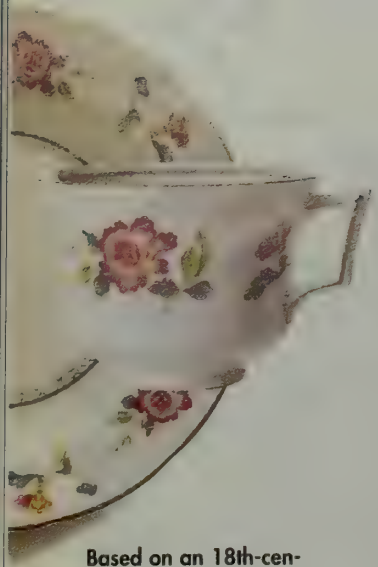


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continued from page Z2



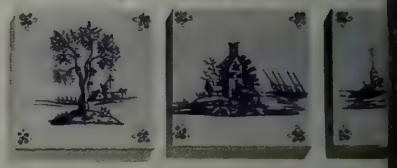
Based on an 18th-century pattern, "Chinese Flowers" reflects the popularity of bone china after its development in England in the late 1700s.

Pewter is synonymous with Williamsburg. The original of this rosewood-handled coffeepot hails from Samuel Ellis' famed London shop.





The popularity of neoclassic elements in European styling dictates the crisp, symmetrical form of this reproduction chair by Baker. Designed about 1800, the original descended through the Nicholas family of Albemarle County, Virginia, home of Thomas Jefferson.



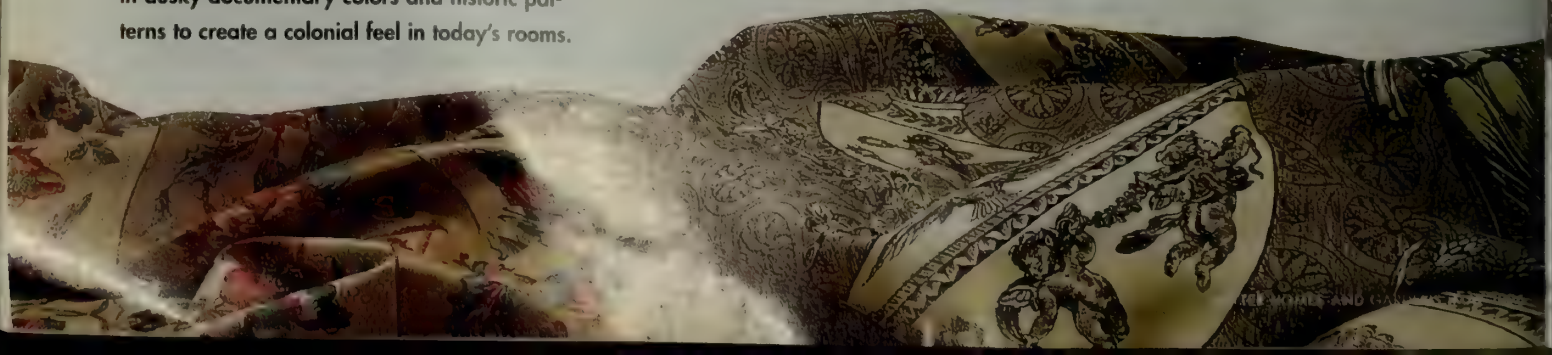
Tin-glazed delft earthenware was one of the most popular ceramic wares in the colonies. Brought to England by Dutch potters, it acquired a British feeling as seen in these reproductions.

Reproduced on rag paper and individually hand-tinted to capture the details of the original, these prints are part of the "Twelve Months of Fruit" set, originally commissioned in 1732 by Robert Furber.



continued on page Z6

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continued from page Z4

Mount Vernon

The "I cannot tell a lie" story about his father's cherry tree may be a myth, but the furnishings that decorate George Washington's Mount Vernon home on the Potomac River—hand-picked by the Washingtons for their straightforward designs—are unimpeachably honest in character. After Washington acquired Mount Vernon in 1754, he devoted the rest of his life to enlarging it in classical architectural styles and furnishing it with pieces that are functional, simple, and a little on the serious side. Not as curved or romantic as Southern furnishings of the time, these furnishings are mainly linear, with straight posts and flat planes. They present today's homeowners with a traditional style that won't overwhelm or appear out of place in a modern home.



Washington bought the original of this satinwood veneer and solid mahogany tambour secretary for his study from Philadelphia cabinetmaker, John Aitkin. Instead of Chippendale fretwork or rococo carving, the delicate tracery of the bookcase doors takes a more subtle approach to finery. From Hickory Chair.

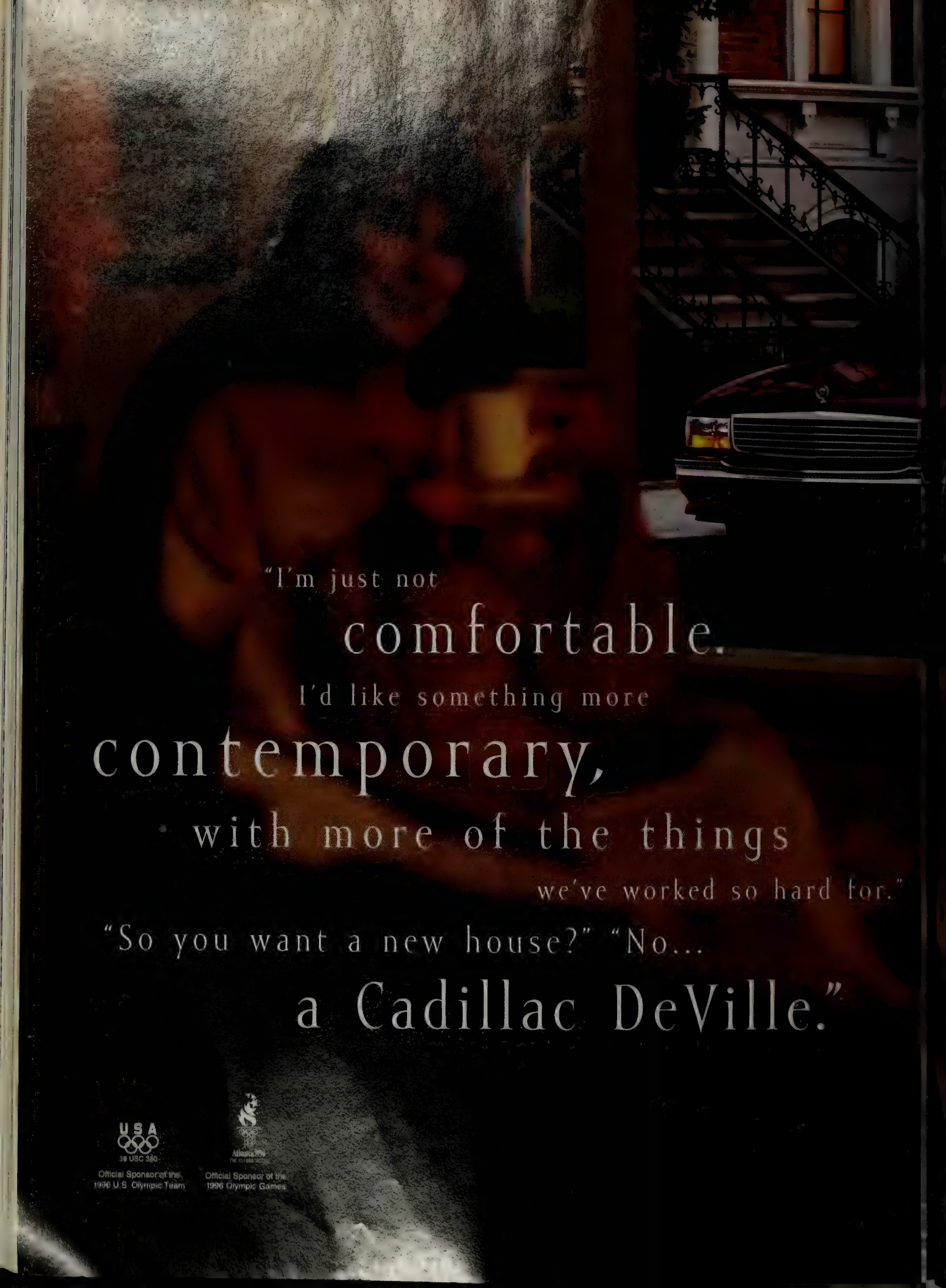


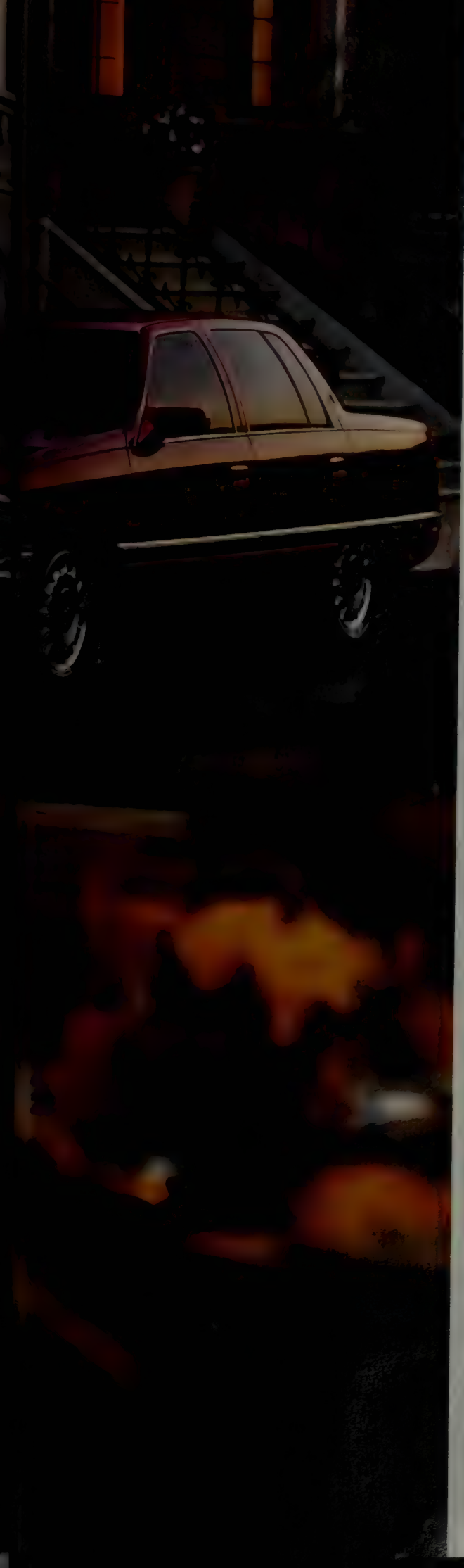
In Washington's decidedly understated bedroom at Mt. Vernon, a Philadelphia bedstead of mahogany, sycamore, and yellow poplar joins Martha's French desk and portraits of the couple's grandchildren. The bed and desk embody the simplicity and straight-edge quality that Washington appreciated. Interestingly, the beauty of simple design—though not quite as austere as "Washington style"—is currently being rediscovered by today's busy homeowners, who feel pressured when faced with too little time to care for too much stuff.

Buying information, page Z30

continued on page Z10


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continued from page Z6



For more than just the historic look of furnishings, acquire the authentic structure of Mount Vernon through reproductions of architectural detailing such as this crown and dentil molding.

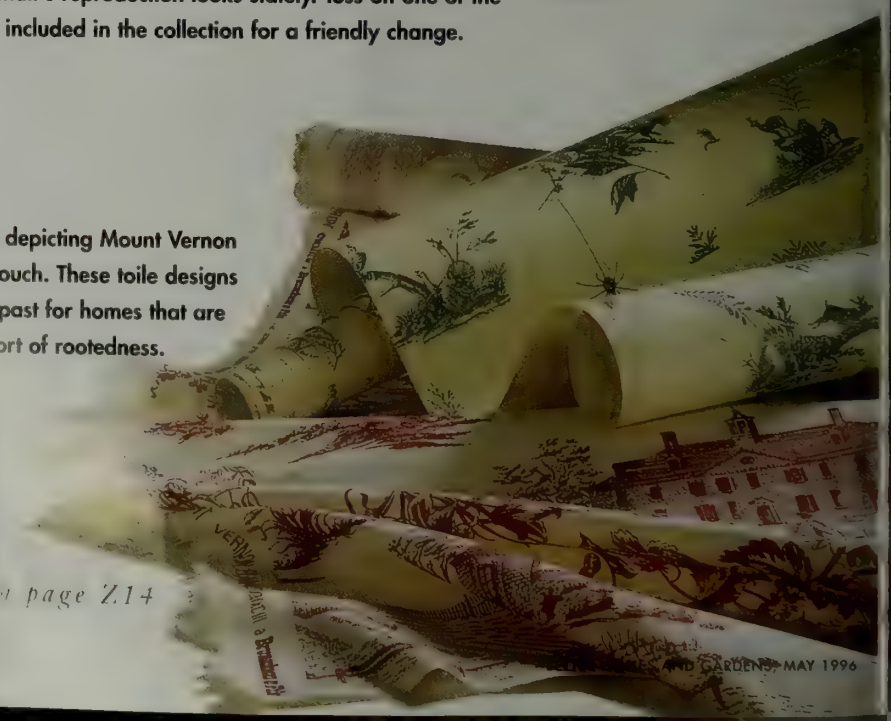
Washington restricted the busy lines of Chippendale carving to smaller furnishings, such as the original of this hall mirror.





Looking almost 1950s modern with its stark lines and bold form, this American chair originally was created about 1795. Its unusual, barrel-shape back is designed for superior comfort. Dressed up in stripes, Hickory Chair's reproduction looks stately. Toss on one of the bowed slipcovers included in the collection for a friendly change.

Washington's appreciation for quality and his keen eye for design are evident in each of the furnishings. Instead of slavishly subscribing to any single style or period, he trusted his own judgment in bringing together a tasteful assemblage. That explains why this group of reproductions is diverse in origins, yet harmonious in feeling. Though Washington imported some furnishings, many represent the earliest and finest in American craftsmanship from Virginia and Philadelphia—an appropriate legacy from America's founding father.



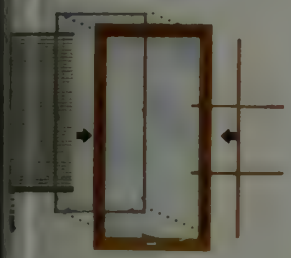
Even the patterns depicting Mount Vernon extend a lighter touch. These toile designs freeze-frame the past for homes that are seeking the comfort of rootedness.

continued on page Z14

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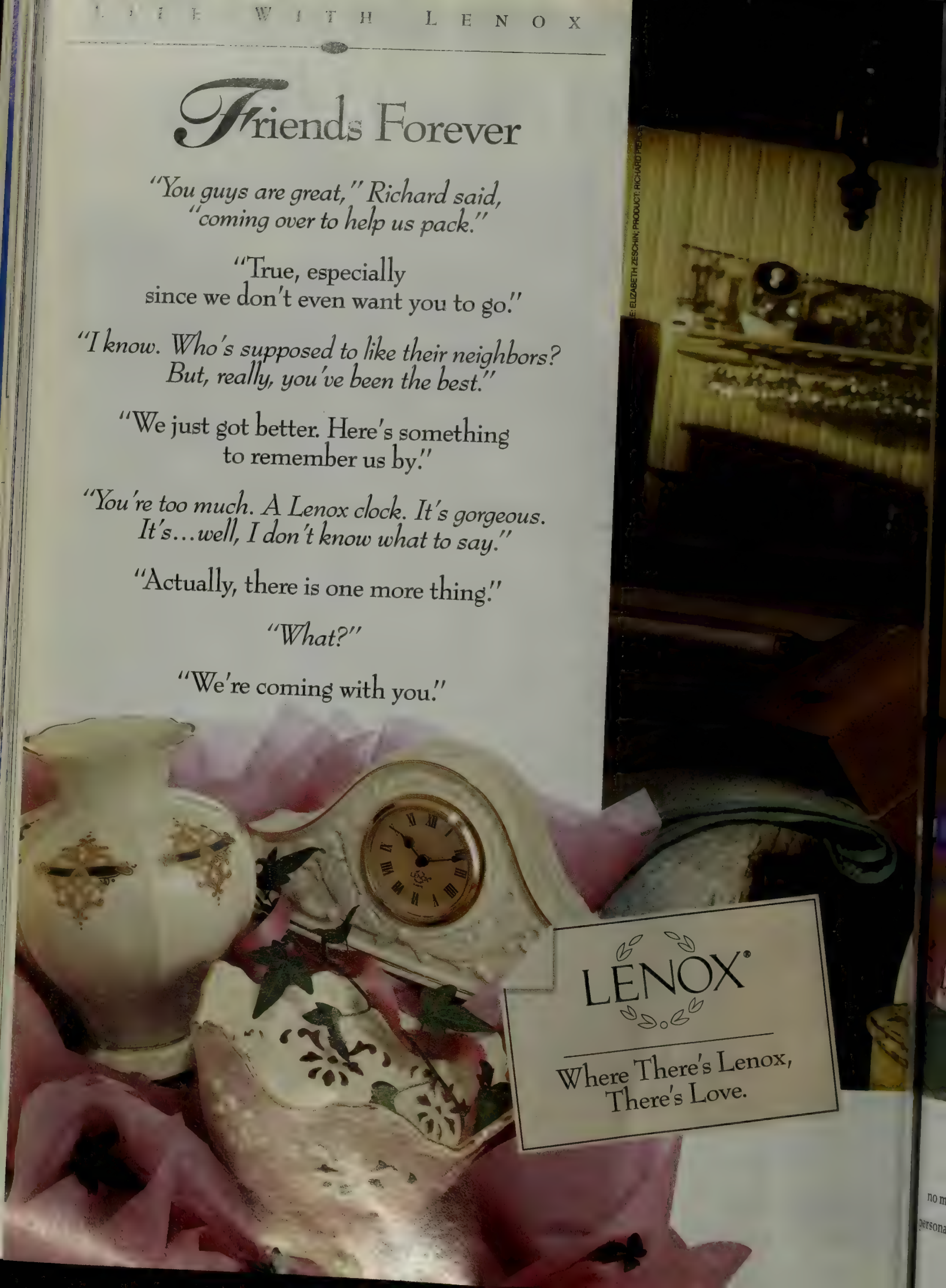
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continued from page Z10

Historic Charleston

Though more massive and carved than the Hepplewhite or Sheraton styles that mark most Charleston pieces, this reproduction bookcase from Baker relates in the fineness of line on the Gothic arches and fleur-de-lis tracery decorating its glazed doors.



Rice and indigo were good to Charleston planters in the 18th and 19th centuries, as evidenced in their homes: Wealthy planters dressed their large homes in Europe's latest furnishing fashions. Some pieces were imported, but more often local artisans crafted the designs from the pattern books of important English Regency-era cabinetmakers, such as Hepplewhite and Sheraton. The current selection of reproductions from Charleston's registered licensees embraces a range of designs from the golden era of furniture. But an appreciation for delicate lines that look deceptively fragile and for quality detailing that's more stately than flashy invests this collection with a unifying sensibility transcendent of its diversity.

Buying information, page Z30

Continued on page Z16



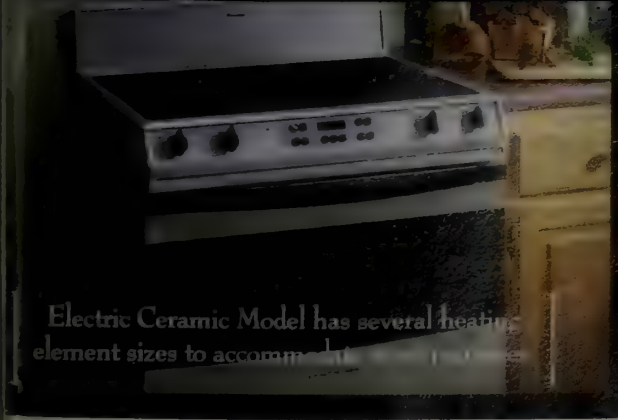
Delicate circular motifs on glazed doors set the stage for period furnishings that grace this reception room in Charleston, South Carolina's 1808 Nathaniel Russell house. The fine-line designs offer restrained examples of various 18th-century styles—a legacy the Historic Charleston Foundation was created in 1947 to preserve. The Nathaniel Russell House, an exquisite example of Federal architecture, serves as the house museum for the foundation.

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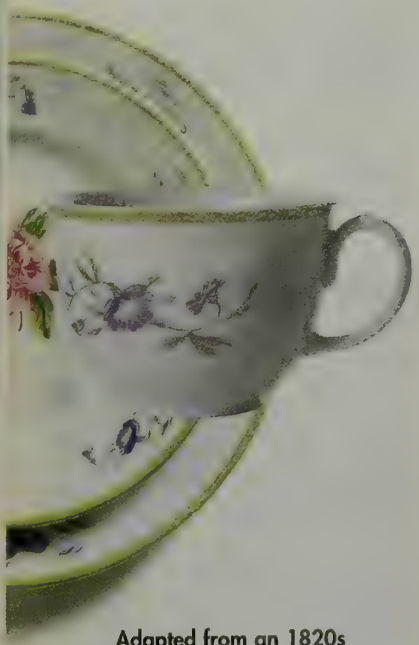
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continued from page Z14



Adapted from an 1820s French design found in one of Charleston's historic homes, this tableware features delicate blooms in blushes of color.

A unique Charleston design, this piecrust table features three turned supports. Despite its delicate profile, the mahogany construction gives the piece warmth and solidity. Now, as then, this accent table is appreciated for its function and beauty.



The light scale and graceful lines of accessories from the Historic Charleston collections complement rooms as works of art. The curves on this Baker reproduction of a Regency-style chair from the Nathaniel Russell House are so subtle they require a second look. Its touch of gilding exemplifies the restrained flourish of Charleston design.



The most elaborate expressions of a style often were confined to small accessories in Charleston homes, as shown by this reproduction of a richly detailed, Regency-style hurricane lamp.





Only handcraftsmanship and 23-karat gold leaf could reproduce the tracery of this delicate Adam mirror. The original hangs in Charleston's Ashley Hall. In your house, keep in mind that a piece this detailed deserves a wall of its own so it can truly shine.

Continued on page Z18



FOUR TOP DESIGNERS SHOW YOU HOW TO

Get The Rooms You Want



Wouldn't it be wonderful, if before you started a home-decorating project, you had the voice of experience to guide you?

Now you do. In fact, you have a chorus of them. On the following pages, four of the country's top interior designers—Marshall Watson, Joe Ruggiero, Jerry Brown and Sonja Willman—lay out a few simple steps to arrive at a beautiful, comfortable, livable conclusion.

Decorating a room is an exciting process with a great reward at the end: a space you designed yourself that is an articulate, artistic expression of who you are. But where do you make the first brush stroke?

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Find Your Style

Begin by asking yourself a few basic questions, says New York-based designer Marshall Watson. "Personal style is an ongoing event," he says. "Figure out who you are, how you live and what you aspire to be. Do you want to stand out or be laid back? Are you casual or more formal?"

An easy way to determine your personal style is by taking a look in your closet. "See what styles and colors you lean toward," Marshall says. "If you have six pairs of jeans and 10 T-shirts, you're probably going to want to decorate with an emphasis on casual comfort."

Joe Ruggiero agrees this is a good idea and also recommends looking through magazines and begin collecting pictures of rooms that appeal to you. Keep them in a folder, along with appealing carpet and wallpaper samples and fabric swatches.

Sonja Willman and Jerry Brown say it's also a smart move to visit furniture showrooms and show houses to get a sense of what makes you feel at home. "If you're comfortable with the atmosphere and the feeling created in a particular showroom," says Jerry, "you've found your personal style."



JOE RUGGIERO
Comfort is the watchword in the great room (pictured on the cover), says Los Angeles interior designer Joe Ruggiero. It features an eclectic mix of furnishings: a comfortable leather contemporary sofa, an antique marble table and a variety of chairs. "The mix works perfectly," he says. Ample shelving allows for displays, and the earth tones "make you feel warm and comfortable." So does the carpet. "I love this kind of carpet because it wears like iron," he says. "It's attractive and easy to care for, and you can mix antiques and new pieces on it so well."



SONJA WILLMAN
"One of my favorite things about this room is the imaginative combination of carpet and hardwood flooring," says St. Louis interior designer Sonja Willman. "The carpet has just about the only pattern in the room, and the color is simply fantastic," she says. "The wall color and paint color came from the carpet. It anchors the color scheme and pattern. But the furnishings are vital to the room's appeal as well. "When decorating a dining room, use your imagination. As in this room, the pieces don't necessarily have to match," she says. "Use the room to express your unique personality."

Establish Priorities

In order for any decorating project to be successful, you must establish priorities. Marshall offers these six as his guiding principles. They are:

FUNCTION. "That's the absolute first thing," he says. "What are the needs of your life? Do you need a chef's kitchen, or do you order out every night?"

COMFORT. "Function and comfort run hand in hand," Marshall says. "What makes you comfortable? Big, plush down sofas? The coziest bed?"

BEAUTY. "This means the inherent beauty in whatever I select," he says.

SUITABILITY. Buy what's appropriate to the setting. "Does it make sense for a family with young kids to invest money in fancy furniture that the kids will end up spilling something on? Probably not," he says.

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You Don't Have To Settle For Beige!
The color bars that run alongside the photos contain shades the designer feels also work well within that room's color and design scheme.



Create The Feel You Want

Creativity. "Use your imagination. Much of my design is rooted in a traditional base," he says, "but how can I make a traditional chair look like we've never seen it before and still enhance its inherent beauty?"

Inspiration. An important aspect of a room, according to Marshall, is that it should inspire you. "When I walk into my rooms, I want to be more creative, do better work, be a more loving individual," he says.



Marshall Watson
Although all six of the New York-based designer's principles of interior design apply to the master bedroom, the one that is most striking is the room's suitability for a person—or a couple—with a sense of romance and tradition. Bearing that out are the four-poster bed, the netted canopy overhead and the soft, muted colors. The nubby, textured carpet is neutral in color, imbuing the room with a sense of light, airiness and restfulness. "This room uplifts your spirits at the end of the day," Marshall says, "and rejuvenates you for the one ahead."

One of the easiest ways to create the feel you want in a room is through color. "Use deep jewel tones to create a luxurious, dramatic intimacy," Marshall says. "The yellows, peaches and terra cotta create warmth—they're welcoming, embracing, romantic and somewhat edible. Reds are welcoming and formal. Greens are clubby and masculine. Pastels are airy. Blues are fresh, clean, wholesome and obviously cool."

Blues are cool. Sonja agrees, but says they can still be part of a warm room. "Let's say your walls are blue," she says. "You can have it be warm and inviting if the carpet you choose has a lot of reds and rusts. You're still creating that cozy feeling, yet the walls are restful and calming."

All four designers agree that carpet of any color warms up a room.

"Carpet can change the whole atmosphere of the room," Jerry says. "It brings warmth, texture and color to the room, and it's wonderful acoustically. Carpet encompasses the whole room with a feeling of coziness. It instantly transforms a really cold-looking room into a cozy haven."

Certain colors will always communicate various moods. But colors come and go—and right now the earth tones are experiencing a renaissance. "There's a trend toward natural colors—herbal tones, earth tones and even touches of terra cotta," Joe says. "It's something we all subconsciously feel warmth in because they're natural and give us a sense of roots. They also serve to highlight the personal objects that decorate our rooms."

Decorating with personal objects—whether it's an inherited piece of furniture, art, family photographs or a favored collection—is the surest way to personalize a room. Joe tells a story of a client who had an enormous collection of old family photographs and tintypes. She had stuffed



Jerry Brown
There are several decorating elements that come into play in the game room (next page), says Des Moines designer Jerry Brown. The soft chenille sofa invites armchair athletes to relax. The tartan-plaid carpet is great for heavy traffic—and it also makes a bold design statement. "It's the focal point of the room," he says. "It's where we started, and it's something my client truly can live with." Jerry is also a big fan of surrounding himself with things that have some history to them. He notes the old kitchen cabinet now being used to display collectibles and the antique chair that "could have come from Grandpa's store. It's a very warm place."

them away in a closet before Joe came to visit, "because she thought I'd tell her to throw them away," he says. Quite the contrary. He thought the collection was wonderful, and the photographs ended up becoming the focal point of the room.

"These things are an important expression of who you are," Jerry says. "It's a nice feeling to have something from your childhood—or from your mother or father's childhood—around you. Family pieces and pictures are important things to have out on display where you can see them, and where your children can see them."

Put It All Together–On A Budget

Although those family pieces often come free of charge, most decorating tools don't. To buy quality pieces without breaking the bank, the designers say it's smart to establish priorities for both comfort and style.

"Put more money into those things you know are going to get a lot of wear and tear," Sonja says.

Carpet is one of those things, Joe says. "Today's level-loop carpeting wears better, and being a father of three children," he says, "I know about these things. It also is the kind of thing on which you can mix antiques and contemporary pieces. Carpet really does set the tone and design of the room."

Buy a comfortable sofa and two comfortable chairs for your living room, Marshall says. "Make sure they're well made, and if your decorating tastes change, you can always recover them later," he adds.

And because hard furniture pieces are so lasting, Sonja says, "Don't do trendy things in pieces that are mainstays of a room."

Simply follow your instincts, says Joe. "Don't listen to any dictates," he says. "It's important to listen to good advice, but you should live with what pleases you and what makes you comfortable. And if it isn't the hot new color or the latest design, that's OK. When you do that, your own personal style will come to the forefront and shine."





Q&A

We asked our four pros to answer some of the decorating questions they hear most often. Here they are:

I love color in other people's homes but am terrified to commit to any one scheme. Do I have to settle for beige?

Absolutely not. You want to have some pizazz around the house, and fortunately, the colors we're seeing a lot of now are earth tones—variations on taupe, harvest gold and sage green. These colors are fantastic, and they're easy to live with every day, whether they're on the wall or on the floor.—*Jerry Brown*

What can I do to create a warm and welcoming entrance into my home?

Color on the walls helps you achieve a warm, cozy first impression. It's also important to have some sort of small table you can put keys and fresh flowers on, and a mirror on the wall is nice, too. Scented candles or potpourri by the entrance give the house a nice, welcoming scent.—*Joe Ruggiero*

How can I add some pattern to a room without being overwhelmed by it?

Put it on the floor. When you have pattern on the floor, it's neither obvious nor obtrusive. When you see pattern on the floor, you don't perceive it as pattern anymore. It's simply a subtle design element.—*Marshall Watson*

How can I make a small room appear larger?

Using color on the walls can make a small room appear larger because it defines the parameters of the room. Carpet on the floor—especially a light-colored carpet—will make a small room appear larger because the carpet opens up the space.—*Sonja Willman*

What do I need to know before buying carpet?

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You can also get in touch with TrustMark via the Internet at http://www.shawinds.com/trustmark—*Jerry Brown*

How can I give my rooms separate personalities but tie the house together?

Use a unified, ongoing color scheme. But, again, that doesn't mean you have to settle for beige. The colors, however, do have to relate. Think of your wall and floor colors as guests at a party. You want your guests to have enough in common to relate to each other but enough difference to create interest.—*Joe Ruggiero*

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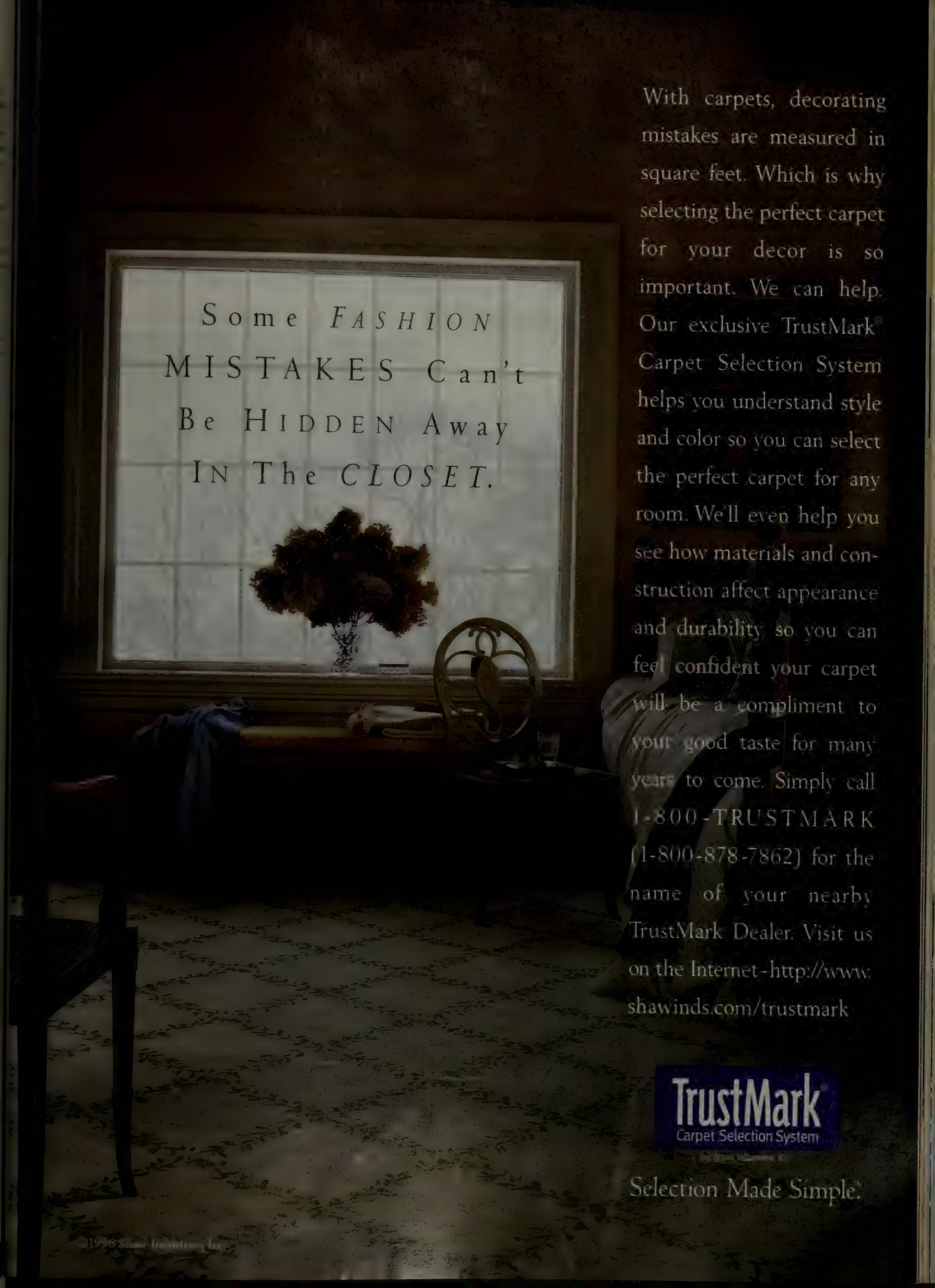
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12. Not responsible for lost, stolen, illegible or late entries. For a list of winners, available after November 15, 1996, send SASE to: Carpet the Country Sweepstakes Winners' List, P.O. Box 5031, Clinton, IA 52736-5006.
13. No cash substitute or prize transfer.



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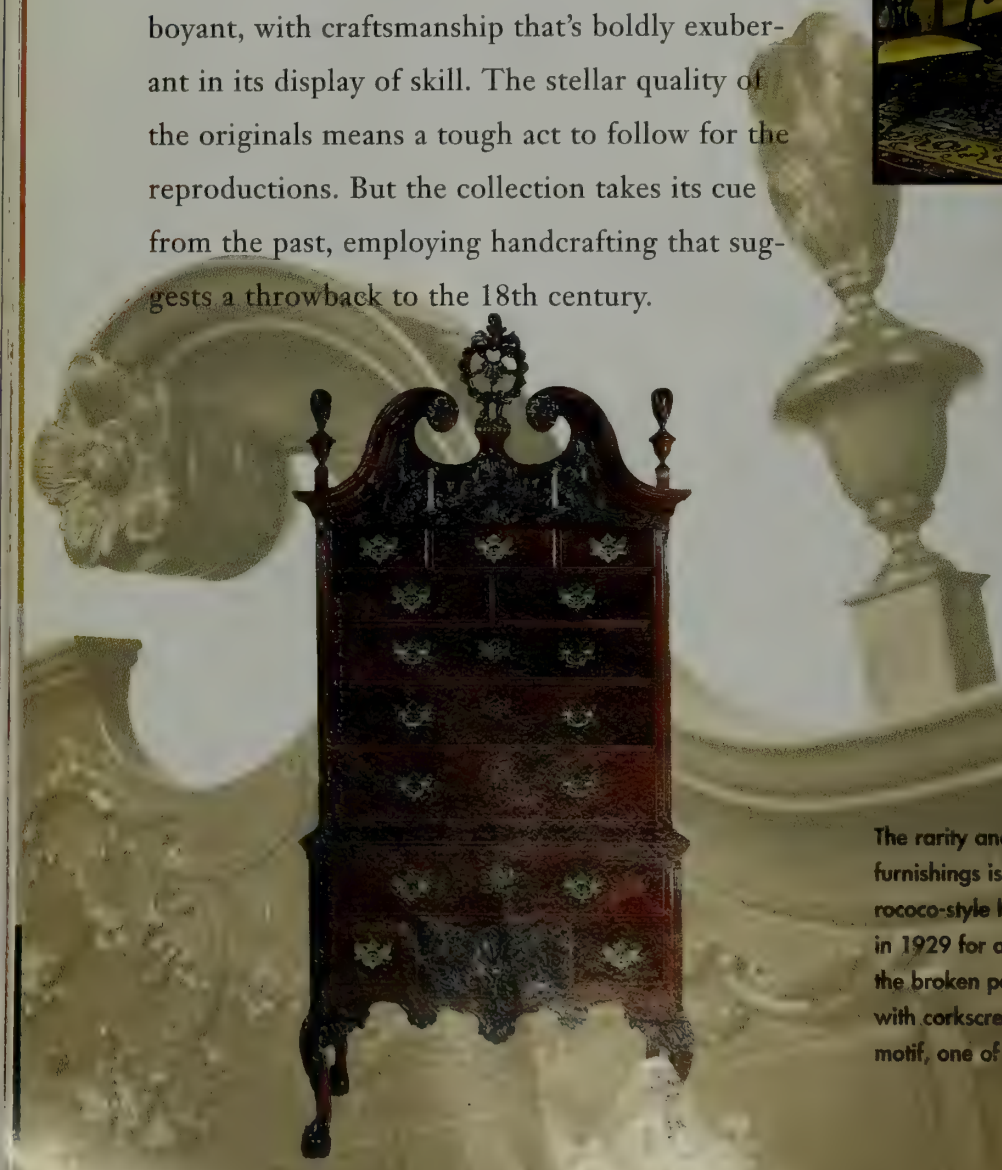
continued from page Z16

Winterthur

This respected museum's unparalleled examples of fine American furniture grew from one man's collections: Henry Francis du Pont was a connoisseur's connoisseur. His name represented the finest money could buy—which, with his industrialist family's fortune, was a lot. The furnishings he collected and then displayed to the public with the opening of his Delaware home as a museum in 1951 are unsurpassed in elegance. Compared to other American museum furnishings, Winterthur pieces overall are more flamboyant, with craftsmanship that's boldly exuberant in its display of skill. The stellar quality of the originals means a tough act to follow for the reproductions. But the collection takes its cue from the past, employing handcrafting that suggests a throwback to the 18th century.



Henry du Pont used furnishings and architectural elements salvaged from a country home built outside Philadelphia in 1762 to create this parlor at his home, Winterthur, which is now open as a museum. Furnished with Philadelphia Chippendale pieces arranged symmetrically in front of the hearth, the seating group includes matched camelback sofas originally belonging to John Dickinson, a member of the Continental Congress.



The rarity and exquisite craftsmanship of Winterthur furnishings is revealed in this reproduction mahogany rococo-style highboy by Kindel. The original was sold in 1929 for a record $44,000. Note the bold crest of the broken pediment, the carved urn-shaped finials with corkscrew flames, and the finely carved shell motif, one of the period's most popular designs.

Buying information, page Z32

continued on page Z20

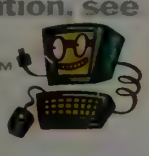
walk around to the driver's side of the Plymouth Grand Voyager and you'll find an industry exclusive: an available second sliding door. Now, getting in and out of our minivan is easier than ever. (So is loading and unloading cargo.) And wait 'til you see what's behind door number two. Rear bench seats that glide  on wheels, making them a cinch to move and roll away. We call them Easy Out Roller Seats,™ and they're another industry exclusive. And depending on which seating package you choose, both bench seats now fold flat,* allowing you to carry a

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Plymouth Grand Voyager

Second door on the right.

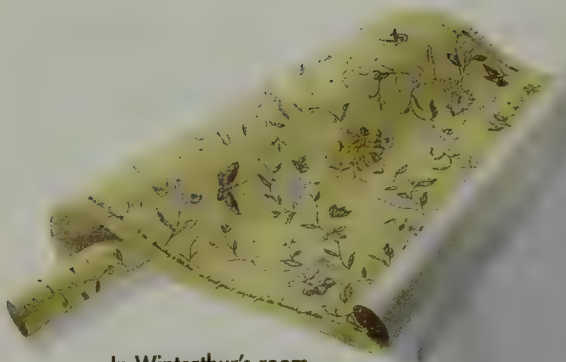
4' x 8' sheet of plywood with the seats in place and the rear liftgate closed. Front cup holders adjust to accommodate everything from a four-ounce baby bottle to a full one-liter jug—another... well, you get the picture. Simply put, the new Grand Voyager is the next generation of the minivan. All of which says nothing of Grand Voyager's safety features.  Like dual air bags,† ABS* and available integrated child safety seats. The all-new Plymouth Grand Voyager. For more information, see your local Chrysler and Plymouth dealer, call 1-800-PLYMOUTH, or visit Plymouth Place™  on the Internet's World Wide Web at http://www.plymouthcars.com.

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*Excludes base models. †Always wear your seat belt.

Design

continued from page Z18



In Winterthur's room schemes, the dark furniture was sometimes leavened with airy, delicately patterned wallpapers, such as this reproduction.





All reproduced from original designs cast in brass in the mid-1700s, these candlesticks gleam with Chippendale styling.

This crystal champagne flute shows the appreciation for detail and graceful proportions that mark all the Winterthur designs.

"Grandfather's Hobby," in which a boy emulates a revered adult, was an early example of genre painting when done by Charles Bird King in 1824.



Instead of examples from the straight-line, simple end of the Chippendale spectrum, Winterthur's pieces include the style's ornate, heavily carved pieces. Attention to detail shows everywhere on Kindel's mahogany reproduction of a Philadelphia Chippendale dining chair. Note the bow-shape crest above a gothic splat and cabriole legs with knee carving and claw-and-ball feet.





A graceful serpentine front, plus colorful satinwood inlays and bellflower pendants, gives Kindel's side table its authentic Federal style.

Adapted from an original chintz block-printed in England in the1800s, this celestial pattern has a surprisingly modern look. The blue-and-white pattern suggests the Chinese porcelain popular in early America.

continued on page Z22



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continued from page Z20

Historic Natchez

Before the Civil War, when cotton ruled the South, Natchez, Mississippi, was a throne: a port town of palatial plantation homes filled with furniture fit for a king. Like most fine design, these furnishings echoed earlier periods, from ancient Greece to 18th-century England, but with a distinctly Southern drawl that's more fluid in form and demure in decoration. For example, fine woods such as mahogany with exotic inlays take simple, not-so-fussy forms: The slim lines and slight proportion of Hepplewhite prevail over heavier Chippendale. Graceful serpentine cabinet fronts and curved chair arms—soft, rounded shapes—declare refined taste in livable terms.

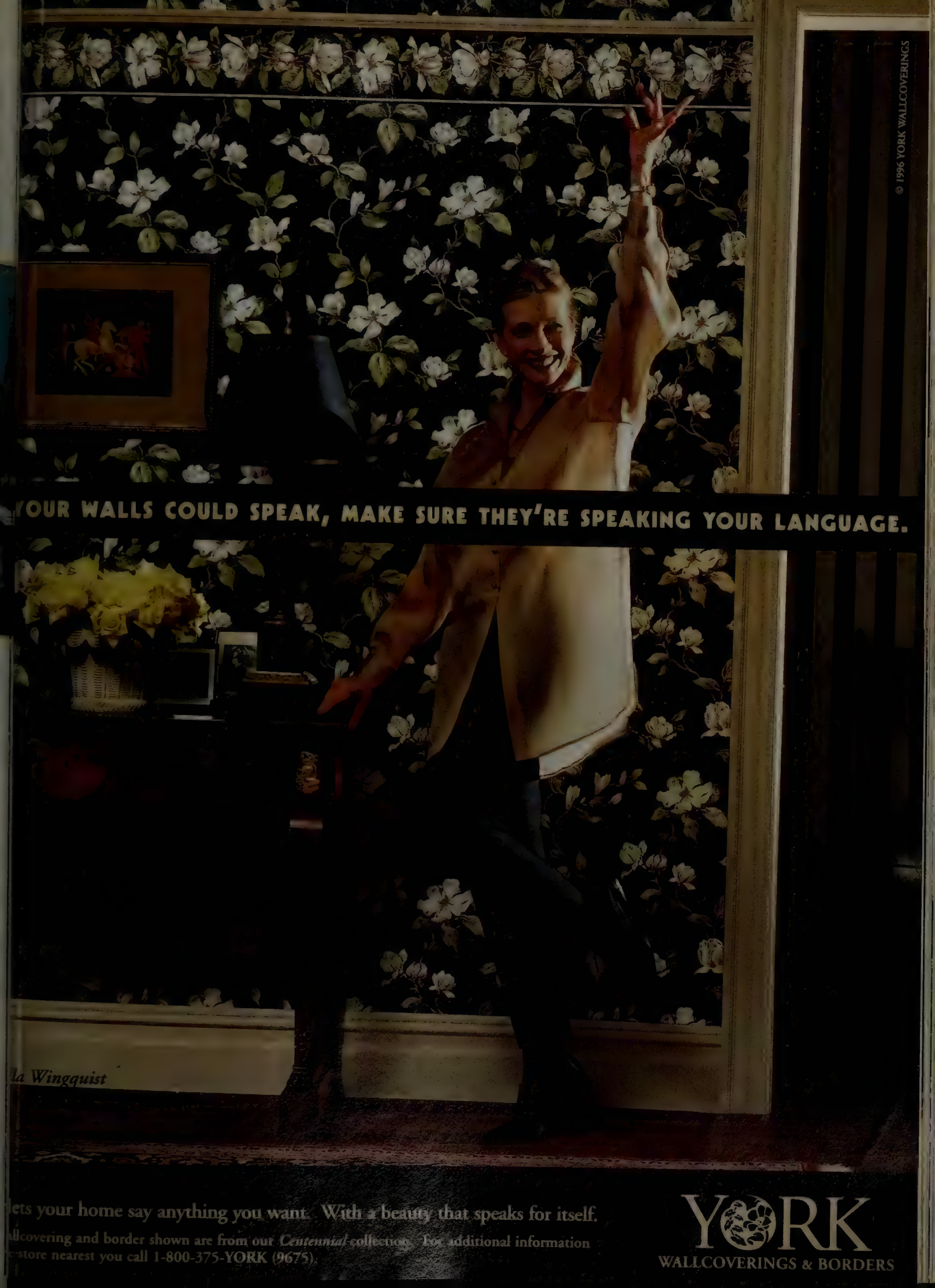


From the curved arm of the Empire sofa to the spare, gently curved mahogany staircase, Monmouth house in Historic Natchez announces the soft side of Southern style with its undulating shapes and light-handed touch. Built in 1818, the restored home exemplifies the Federal style with its delicate doorway cornices, chair-rail-height wainscoting, and light, restrained trim. Scenic wallpaper from Zuber, a French company still in business today, was made from old blocks. Note the room's open, airy feeling—a deliberate attempt to capture the breeze.

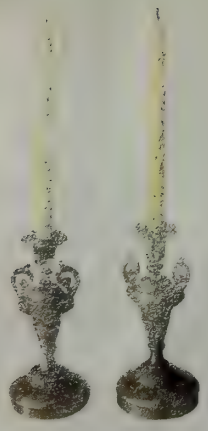


A replica of a late 18th-century chest of drawers from one of Natchez's oldest homes, this mahogany piece from Henredon features a serpentine front and inlaid sunburst motif on top. Instead of heavy carving, subtle detailing distinguishes the drawers: holly and ebony stringing, mahogany crossbanding, and contrasting fan inlays at each corner.

continued on page Z24


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WALLCOVERINGS & BORDERS

continued from page Z22



Neoclassic forms, such as the urns with ram's- head handles that make up these reproduction candlesticks, were all the rage in the mid-19th century. They are repeated in many Historic Natchez furnishings.



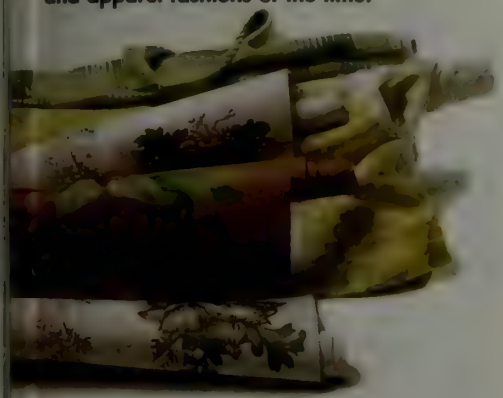
The anthemion motif used for these bookends is common in Greek Revival architecture, a prominent style in Natchez.



Eased of hard edges and heavily carved ornament, Natchez-style beauty is found in graceful details. The scroll arms and concave legs of this reproduction chair by Henredon are typical forms for mid-19th century America, reflecting the popularity of neoclassicism at the time. As mellow and gracious as the South itself, a single Natchez accent can melt the coolest contemporary room with its warmth and charm.



Historic wallpapers are often adapted from period patterns found elsewhere in the home: the wallpaper's shell motif hails from a Staffordshire ceramic, and the basket, fruit, and scroll motif was adapted from carving on a piece of rococo furniture. The fabrics are derived from both upholstery and apparel fashions of the time.





Old Natchez's fondness of mahogany and classical shapes is illustrated in this carved mahogany urn lamp, which includes a simple but elegant black moiré shade.



The Palladian-inspired top on this stately hall mirror is another signature of neoclassic design. The mirror's design is inspired by the many fanlights that crown the doors of Natchez homes

continued on page Z26



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continued from page Z25

Arts and Crafts

Gustav Stickley shook his head in disgust at assembly-line furniture in the late 1800s. Not only was handcraftsmanship a lost art, but the furnishings cranked out by machine were poor copies of traditional designs. The Craftsman style he popularized as a result, which remained strong through the century's first two decades, offered an alternative: honesty. The reproductions of his and his brothers' sturdy, straightforward designs continue to offer a simple option in a high-tech world.



This room at historic Grove Park Inn in Asheville, North Carolina, features its original Arts and Crafts furnishings. The pieces were made at the Roycroft Shops of Elbert Hubbard, who, along with Gustav Stickley, was the major exponent of the Craftsman movement in America. Like Stickley's furnishings, Hubbard's pieces feature white oak worked in sturdy, straightforward designs that put artisanship above ornament.



First made in 1912 by Gustav Stickley's younger brothers, this sideboard has been reissued by the L. & J.G. Stickley Company, in operation again since 1974. It is definitive Craftsman with its horizontal sweep, blocky post legs, and quartersawn white-oak construction.

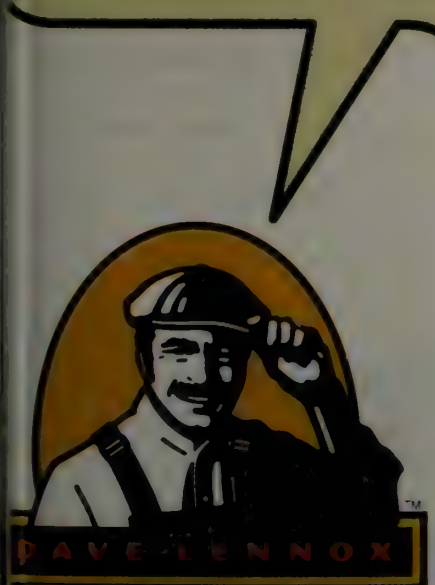
Buying information, page Z32

continued on page Z28

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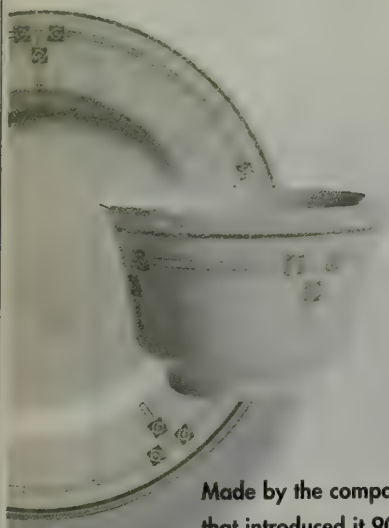
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Design

continued from page Z26



Made by the company that introduced it 90 years ago, this dinnerware joins Craftsman furniture in its reliance on simple but bold shapes and a natural palette.

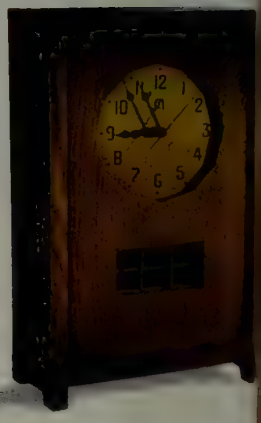
"Gingko in Autumn" by Chicago artist Anita Munman reflects the Japanese influence of the period in its pictorial flatness and color intensity.



Instead of ornamentation, the materials themselves make the statement on Arts and Crafts designs. On furniture, it's the wood grain; on accessories, it's the mica and copper on lamps and the natural fibers in textiles. Techniques are old-style—dovetail joints and hand-hammered copper—revealing the human touch. Human comfort was considered, too, as illustrated by L. and J.G. Stickley's reproduction bow-arm chair, precursor to the recliner.



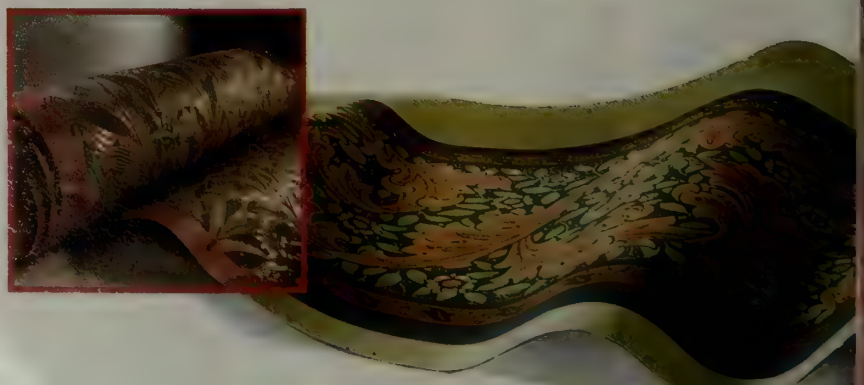
A celebration of the human touch, reproductions of the Van Erp lamp still feature hand hammered copper, riveted shades, and mica lighting panels.



A reissue of a 1912 Gustav Stickley original, this 13¾-inch-tall oak mantel clock typifies the boxy simplicity of time-honored Craftsman designs.



This earth-tone, leaf-print wallpaper (*inset*) and wide frieze border are in the tradition of William Morris, the great English exponent of the Arts and Crafts Movement, that later made its way to American shores.





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Heat oven to 400°. Prep time: 14 min. Bake time: 37 min.

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- 1 lb ground beef
- 1 cup shredded mozzarella cheese
- 1/2 tsp salt
- 1/2 tsp dried oregano
- 1 can (6 oz) tomato paste

SPREAD cottage cheese in greased 9" pie plate. Cook ground beef; drain. Stir in 1/2 cup mozzarella cheese, salt, oregano and tomato paste; spoon over cottage cheese.

- 1 cup milk
- 2 eggs
- 1/2 cup Bisquick® baking mix

STIR milk, eggs and baking mix with fork until blended. Pour into plate. BAKE 30 to 35 min or until knife inserted in center comes out clean. Sprinkle with remaining cheese. Bake 1 to 2 min or until melted. 8 servings.



If it takes the impossible to please your family, here's the recipe.



SHOPPING

Buying Guide

Most of the products shown editorially in the Better By Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

THE FINER THINGS

Page Z2: New England sideboard table, no. 8864—Williamsburg Reproduction Furniture by Baker, 1661 Monroe Ave., NW, Grand Rapids, MI 49505; 616/361-7611.

Page Z4: Chinese Flowers basic china; pewter coffeepot, CW80; **delft tiles (*left to right*),** "Well by the Sea" C56-2, "Home by the Sea" C56-1, "Tree by the Sea" C56-4; **Furber Fruit Prints (*left to right*):** January and September—Colonial Williamsburg Foundation, P.O. Box 1776, Williamsburg, VA 23187; 800/446-9240. **(*Left to right*): fabrics,** "Williamsburg Parrots & Blossoms" (Document Brick) 168214; "Athena Toile" (Document Aubergine) 166841—from the Williamsburg Collection by Schumacher; for more information call 800/332-3384. **Albemarle chair,** no. 8827—Williamsburg Reproduction Furniture by Baker (address above).





Page Z6: Aitken secretary bookcase, no. 8200-28—from the Mt. Vernon Collection by Hickory Chair; for more information call 800/349-4579.



Page Z10: cornice detail—from the Mt. Vernon Collection of Wood Mouldings by The Smoot Lumber Co., 703/823-2100. **Chippendale mirror,** no. 8257-71; **lolling chair,** no. 8004-11—from the Mt. Vernon Collection by Hickory Chair, 800/349-4579. **Wall covering,** "Chinoiserie a' L'americaine Toile" (Green) 79804.04; **fabric,** "Mount Vernon Plantation Toile Cotton Print" (Red) 79661.04—from the Mt. Vernon Collection by Brunschwig & Fils; available to designers and architects by calling 212/838-7878.

Page Z14: pine vitrine bookcase, no. 1967—Historic Charleston Collection by Baker (address above).

Page Z16: Charleston Garden china; hurricane lamp, HC53—from the Historic Charleston Collection by Mottahedeh & Co.; available from Historic Charleston Reproductions, 105 Broad St., Charleston, SC 29401; 803/723-8292. **Ashley Hall oval mirror,** 6444-B—from the Historic Charleston Collection by Friedman Brothers, 9015 NW. 105 Way, Medley, FL 33178; 800/327-1065. **Governor Allston armchair,** no. 2543; **oval piecrust table,** no. 1945—from the Historic Charleston Collection by Baker Furniture (address above).



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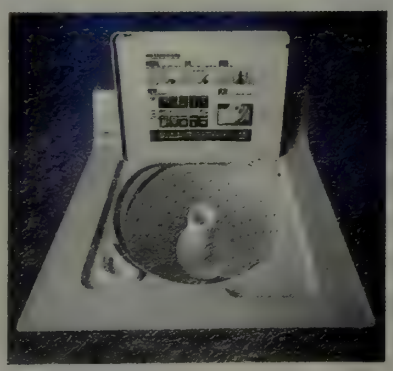
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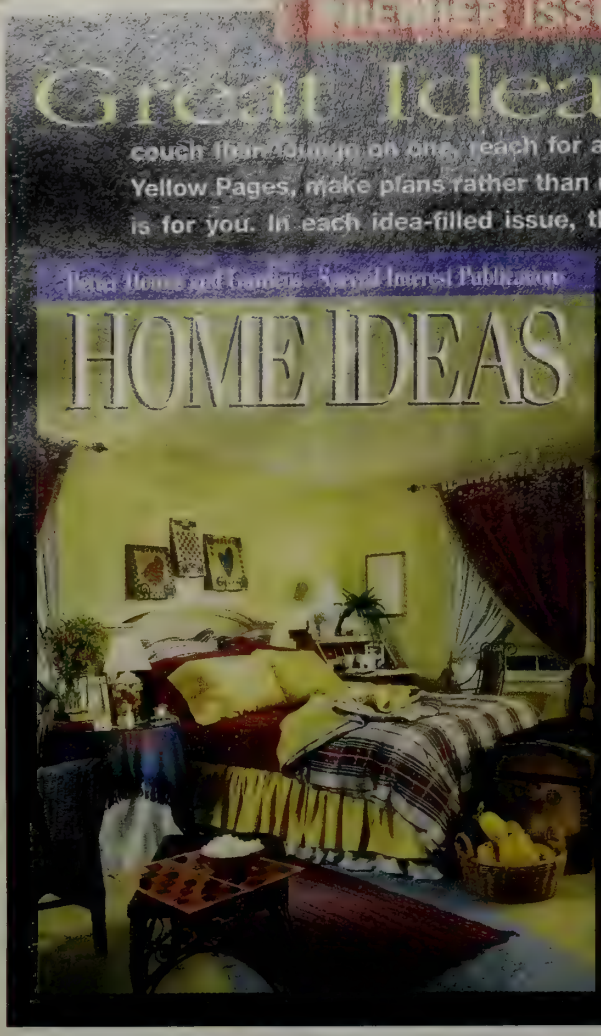
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PREMIER ISSUE

Great Idea

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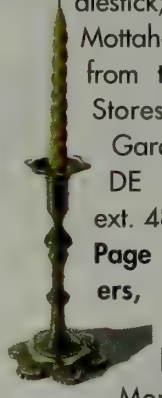
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Buying Guide

continued from page Z30

Page Z18: Philadelphia high chest of drawers—from the Winterthur Museum Collection by Kindel Furniture Co.; for a dealer near you call 616/243-3676.

Page Z20: wall covering, "Reve Du Papillon" (Yellow) 12473.06; **fabrics,** "Sun, Moon & Stars cotton print" (café au lait) 78400.04; "Prancing Deer cotton and linen print" (Blue) 77332.04—from the Winterthur Museum Collection by Brunschwig & Fils; available to designers and architects by calling 212/838-7878. **Philadelphia Chippendale arm chair,** no. 83-071; **Charleston side table,** no. 83-023—from the Winterthur Museum Collection by Kindel Furniture Co. (address above). **Grandfather's Hobby** [illegible] by Chelsea House; **Belle Isle champagne flutes,** by Foreign Ac[illegible].



candlesticks, (*left to right*): Bertrand candlestick; Chinese Parlor candlestick; Lancaster candlestick, by Mottahedeh & Co.— available from the Winterthur Museum Stores, Winterthur Museum, Garden & Library, Winterthur, DE 19735; 800/448-3883, ext. 4823.

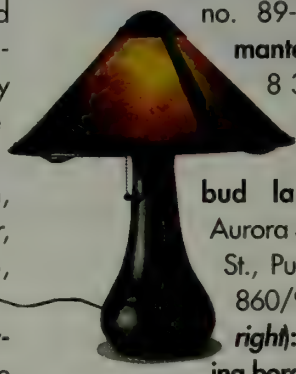
Page Z22: Elms chest of drawers, no. 6436-48—from the Natchez Classic Collection by Henredon, P.O. Box 70, Morganton, NC 28680; 800/444-3682.

Pages Z24-Z25: candlesticks, A513NZ; **scroll bookends,** A512NZ; **mahogany urn lamp,** 502NZ—from the Historic Natchez Collection by As You Like It; for a dealer near you write or call, 536 Townsend Ave., High Point, NC 27263; 910/431-7123. **Mirror,** no. 6627-LB—from the Historic Natchez Collection by [illegible]an Brothers (address above). **The Hope Farm Charles X chair,** no. H9407—from the Natchez Classic Collection by Henredon (address above). **Green fabric,** "McKitterick Shaded Stripe" (Green) 167082; **yellow fabric,** "Choctaw Brocatelle" (Yellow), 167060; **shell wall covering,** "Mt. Olive Seashells" (Oyster) 515261; **floral wall covering,** "Roseland Filigree" (Document Cherry Wood) 515250—from the Historic Natchez Collection by Schumacher; for more information call 800/332-3384.



Page Z26: oak sideboard, no. 89-711—L. & J.G. Stickley, Inc.; for a $10 catalog featuring Mission furniture, call or write, P.O. Box 480, Manlius, NY 13104-0480; 315/682-5500.

Page Z28: Tudor Rose dinnerware—from the Arts and Crafts Collection by Fair Oak Workshops; for a catalog call 800/341-0597. **"Gingko in Autumn" painting**—Anita Munman Design, Inc., 729 S. Carpenter Ave., Oak Park, IL 60304; 708/383-2884.



Oak bow-arm Morris chair, no. 89-406; **small oak mantel clock,** no. 89-83—Stickley (address above). **Van Erp-style bud lamp,** no. 807—Aurora Studios, 109 Main St., Putnam, CT 06260; 860/928-1963. (***Left to right***): **Wall covering borders,** "In the Morris Tradition: Wall Elements" (Terra-Cotta Series) "Walden" WAW-210; "Kelmscott Frieze" KSF-210—Bradbury and Bradbury; for a $10 mail-order catalog write or call, P.O. Box 155, Benicia, CA 94510; 707/746-1900.

For more information call: *Colonial Williamsburg Foundation, 800/447-8679; Historic Natchez Foundation, 800/647-6724; Winterthur Museum, Garden & Library, 800/448-3883, ext. 4823; Mt. Vernon Ladies Association, 703/780-2000; Craftsman Farms, 201/540-1165; Historic Charleston Foundation, 803/723-1623.*



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Page Z18: Philadelp of drawers—from t Museum Collection Furniture Co.; for a c call 616/243-3676.

Page Z20: wall cove Papillon" (Yellow) 12 **rics,** "Sun, Moon & St (café au lait) 7840C Deer cotton and line 77332.04—from th Museum Collection by Fils; available to desig tects by calling 2 **Philadelphia Chippen** no. 83-071; **Charles** no. 83-023—from t Museum Collection Furniture Co. (ad **Grandfather's Hob** by Chelsea House; **B pagne flutes,** by For

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Please accept my reservation for *Morning for Marisa*, a limited edition porcelain collector doll by Renate Höckh.

I need send no money now. I will pay for my doll in five monthly installments of $25*, the first to be billed prior to shipment.

*Plus $1 per installment for shipping & handling. Please allow 6-10 weeks after initial payment for shipment.

Your satisfaction is completely guaranteed. If you are not completely satisfied, you may return your doll within 30 days of receipt for replacement or a full refund, whichever you prefer. We will even pay for the return postage.

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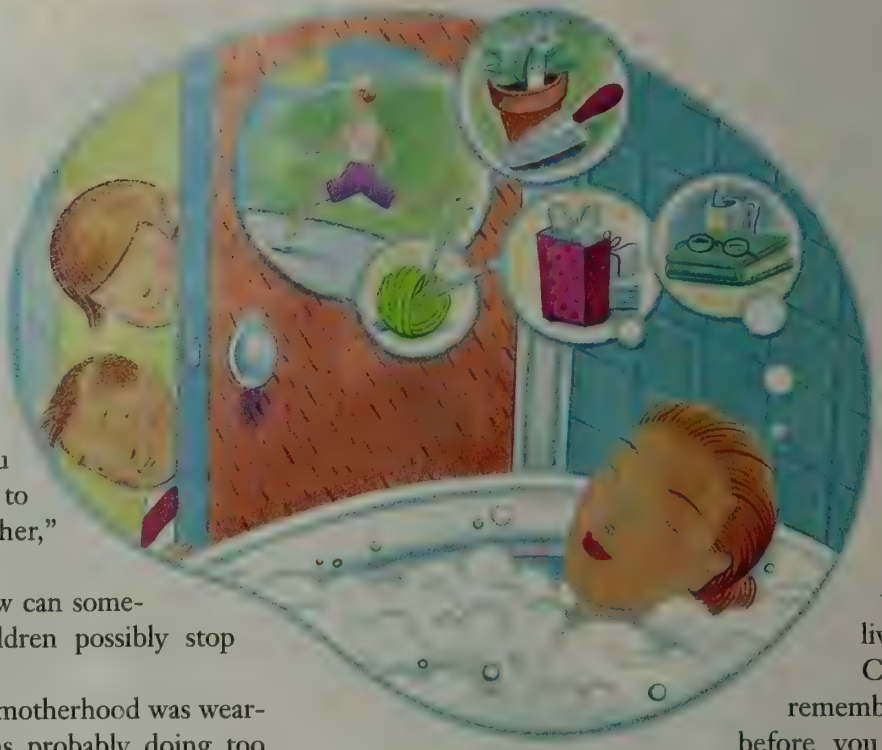
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Morning for Marisa is an *Artist's Edition*® available exclusively from the Georgetown Collection.


Georgetown Collection
Artist's Edition®
Shown smaller than actual size of 9 ¼"
seated (17" head to toe). Hairbrush
with real bristles included.
Morning for
Marisa
by Renate Höckh

"Hey, Mom! Get a Life!"



A woman recently told me that being a mother was the most demanding, difficult thing she'd ever done.

"It sounds like you need to learn how to stop being a mother," I replied.

She laughed. "How can someone with three children possibly stop being a mother?"

I explained that if motherhood was wearing her out, she was probably doing too much for her children and not nearly enough for herself.

"But I'm only doing what most mothers are doing for their children," she said.

"That's exactly what I mean," I answered.

Today's mother has been led to believe that the more she does for her children, the better she is as a mother. As a result, many of today's mothers are doing for their children what, in previous generations, would have been considered completely unnecessary, if not counter-productive.

Today's typical mother organizes her children's after-school activities, chauffeurs them, helps them with their homework, does their science projects, and then spends much of the rest of her time worrying if she's doing enough.

In fact, she's doing entirely too much. Today's children whine more, are more disrespectful, and throw tantrums long past the age when yesterday's children were over them completely. These are symptoms of hand-and-foot disease, which is usually prompted by being waited on by an overly solicitous parent, usually female.

In the vernacular of today's youth, Mom, get a life. Stop serving your children and become a little more selfish. Stop revolving around and hovering over them, giving them attention and doing things for them. Instead, expect your children to revolve around you and give you attention. After all, if they aren't paying you more attention than you pay them, their discipline is going to be a major chore. Finally, you need to do more for yourself.

"Close your eyes and remember the person you were before you had children. How did you occupy your free time?"

Sometimes, when I talk about hand-and-foot syndrome, mothers look perplexed. They don't understand what I mean when I tell them to get lives of their own.

Close your eyes and remember the person you were before you had children, I tell them. How did you occupy your free time? What were your interests, your hobbies? How did you treat yourself, and how often? Granted, having a family requires that these things take a somewhat lower priority, but it doesn't require giving them up completely.

When I ask mothers if their husbands have given up golf, hunting, fishing, or whatever they enjoyed doing before children came along, generally, the answer is "no."

You don't have to give up your simple pleasures, either. The more interests you have outside of your children, the more interesting you will be to your children, and the more your children will respect and obey you. Find time for yourself, not just for your sake, but for your children's sake as well.

It all comes down to respect. Child-centered moms expect a lot of themselves. Consequently, their children, instead of respecting them, expect of them. They whine, demand, and exhibit all the other sorry symptoms of hand-and-foot disease. Family-centered moms, on the other hand, expect a lot of their children.

If you want your children to be "jewels in the crown" of your family, don't do a lot for them. Do just enough, and no more. Learn to stop being a mother all the time. Get a life. ⌂

To order family psychologist John Rosemond's latest book, A Family of Value, *see* page 112. *For information about his newsletter, call 800/525-2778.*

New Hot Fudge flavor frosting from Pillsbury.

(Cherry not included.)



We've whipped the rich taste of hot fudge with real Jell-O® Pudding to make a super-creamy frosting–and a hot fudge sundae out of anything. Also supremely creamy in new Chocolate Mocha and Banana Creme.



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A Change of Schedule



A hundred and fifty years ago, when a large segment of our nation was agricultural, a majority of America's families needed their children at home to work on the family farm. Public school calendars were designed to accommodate.

Today, only a small number of us need our kids home for chores and field work, but most schools still follow the agrarian-based schedule. In most American families, both parents work outside the home, but children are out of school hours before adults are home from work. And it's not just the school year and length of day that are bound by time and tradition. Children typically begin school at age five, ready or not. Nine months later, if they're anywhere near passing, they're promoted to the next grade. It doesn't matter if they're ready for the next grade halfway through the year; they must wait for everyone else.

In addition, most secondary schools offer a six-period day, and each period is assigned the same amount of minutes, no matter how complex or simple the subject.

A 1994 report released by the National Education Commission on Time and Learning raises questions about the current school calendar. The report says, "Our time-bound mentality has fooled us all into believing that schools can educate all of the people all of the time in a school year of 180 six-hour days."

"Our time-bound mentality has fooled us all into believing that schools can educate all of the people all of the time in a school year of 180 six-hour days."

While that report discusses the norm, a growing number of schools have tossed out the clock and the calendar and adjusted their schedules to better reflect today's family structure and the way kids learn.

CHANGING THE SCHOOL YEAR

Year-round school doesn't mean kids are in school more days than the typical Labor Day to Memorial Day schedule. Usually students are in school the same number of days; it's the building that's utilized year-round. The difference is in the breaks. Year-round programs offer shorter, more frequent vacations. A typical year-round schedule includes nine weeks of instruction followed by three weeks off. A longer break, usually four to six weeks, divides each school year. Often remedial or supplemental instruction is offered during the three-week intersessions. This means that kids who are having problems early in the year get help during the first intersession, after nine weeks, rather than waiting all year for summer school. Gifted students can be given extra challenges during these sessions.

There are other advantages. Teachers spend less time reviewing material because kids don't forget as much as they do over a traditional 12-week summer break. Some year-round schools have reported less burnout for teachers and students, lower absenteeism, and fewer behavior problems.

The Henderson County Public School System in North Carolina implemented a year-round plan for its elementary and middle schools

continued on page 110

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Schedule change

continued from page 108

nearly five years ago. The plan is totally optional; three of the 20 schools in the district offer a year-round schedule. Assistant Superintendent Mary Margaret Ingle says so far, the plan is successful from the perspective of parents whose children participate.

What are the drawbacks to year-round education? Taxpayers, of course, worry about the costs. Charles Ballinger, executive director of the National Association for Year-Round Education, says that nearly half of year-round schools report lower costs and 26 percent report no difference. Ballinger points out that many school districts implement year-round programs to ease overcrowding. Those schools actually save money, he says, because the cost of constructing and operating another building is avoided. Ingle says that in Henderson County, the extra cost is about $26 a year for each student on the year-round schedule. Most of this cost is for transportation to the buildings that offer the plan. Air-conditioning can be another expensive addition, but a necessity in some climates if kids are to be in classrooms during the hottest months. Money for the intersessions typically comes from the same funds that would pay for summer school.

Another potential problem with a year-round plan is family scheduling. When kids are in school at different times, family schedules can be turned upside down. In most year-round plans, extra care is taken to make sure everyone in the family is on the same schedule. In Henderson County, however, the high school runs on a traditional schedule. Families might have high schoolers at home when younger year-round children are in school, and vice versa. Ingle emphasizes that no family is forced to have a child in the year-round plan, and points out that some parents are finding that it's nice to spend some one-on-one time with children who are home when others are in school. Families have also discovered that many popular vacation spots are less expensive and less crowded during intersession breaks than in the summer months.

Child care is another worry. Many parents feel that it would be difficult to find child care when kids have frequent, short breaks. Henderson County has solved this problem by offering child care in the school. (The district also offers child care in its traditional-schedule schools.) Other communities have worked together to ensure that quality child care is available all year round.



"It's better to offer continuous instruction at the child's pace rather than saying, 'sorry, you'll have to wait for the rest of the class,' or, 'Oops, it's June 10, time to move on.' "

And for teachers who want to continue their educations, typically accomplished during the summer, many colleges and universities are making degree programs more flexible by offering courses through cable television and on weekends throughout the year. Colleges in the Henderson County area offer night and weekend courses, Ingle says.

CHANGING THE SCHOOL DAY

The Westside Community School District in Omaha operates its high school on a modular schedule. Instead of offering the same number of periods for the same number of minutes each day, this plan includes longer stretches of time for lab classes and shorter periods for lectures and receiving assignments. The students meet in small groups for instructional time with teachers and in large groups for taking tests and watching films—activities that make sense for large groups, explains principal Jim Findley.

Ninth-grade students have more structured time built into the day than seniors. By 11th or 12th grade, 30 to 35 percent of a student's time is unstructured. When students aren't in class, they're expected to spend time in one of the instructional materials centers. There they can consult with a teacher or counselor, find resources needed to complete an assignment, or work on a computer. "It sounds chaotic but it works extremely well," Findley says. "Unmotivated kids are our biggest problem. But we identify those students and help them to structure their day."

Westside graduates returning from their freshman year in college report that they are better prepared than fellow freshmen. Studies from the University of Nebraska back this up. Findley says university officials tell him that freshmen from Westside generally do better than freshmen from other schools during their first year.

TEACHING TO THE CHILD, NOT THE CALENDAR

At Beacon Day School, a private elementary school in Oakland, California, the structured grade system has been made more fluid. Students work in teams according to

continued on page 112



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To enter: No purchase necessary. Print your name, address and home phone number on a piece of paper. Promise not required to be eligible for entry in sweepstakes. Send your completed entry in a #10 envelope to DOVE PROMISES, c/o BH&G Marketing Services, 125 Park Ave., 19th Floor, New York, NY 10017-5529 SWEEPSTAKES BEGINS 4/1/96 AND ALL ENTRIES MUST BE RECEIVED BY 6/30/96 Sponsors are not responsible for late, lost or misdirected mail. Only one entry per person.

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Prize: one (1) GRAND PRIZE: a weekend trip for 2 for two days and two nights, including treatments, meals and air transportation (if needed) to the spa nearest the winner's residence (a r.v. $3,000) Dates subject to availability. Trip must be taken by 7/30/97. Odds of winning are determined by the number of eligible entries received.

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For winner list (available after August 20, 1996), send a SASE #10 envelope to DOVE PROMISES WINNER, c/o BH&G Marketing Services, 125 Park Ave., 19th Floor, New York, NY 10017-5529



Schedule change

continued from page 110

achievement, not traditional grade levels. When a child is ready to move to the next level in math, he does. If he's not ready to move up in reading at the same time, that's okay. He stays in that reading team until he's ready to move on.

Thelma Farley, education director of Beacon, says, "It's better to offer continuous instruction at the child's pace rather than saying, 'Sorry, you'll have to wait for the rest of the class' or, 'Oops, it's June 10, time to move on.' " Every classroom at Beacon has one teacher, 18 kids, and three levels going on at once. Eventually, each child moves up to the next level.

Beacon is open all year with no long breaks. Parents schedule vacations and camps for their kids whenever they choose. Unlike other year-round programs, Beacon does offer more instructional time than traditional schools. Its students attend 240 days a year, compared to approximately 180 days a year for most public schools.

Flexible learning combined with more hours spent in school seems to be a good mix for students at Beacon. Most students test at least two years above grade level, Farley says. This year, the 8th graders as a group tested at the 12th-grade level in reading and math.

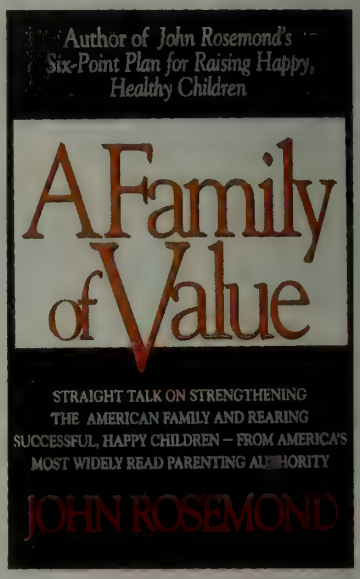
Beacon High School, an 11-month program that is an extension of Beacon Day School, reports that 90 percent of its graduates go on to four-year colleges.

For more information about year-round education, contact the National Association for Year-Round Education, Dept. BHG, P.O. Box 711386, San Diego, CA 92171-1386; 619/276-5296.

To order a copy of "Prisoners of Time," the Report of the National Education Commission on Time and Learning, call the U.S. Government Printing Office inquiry desk, 202/512-1800.

READER SHOPPING

Advice for Busy Parents



If you enjoyed the parenting feature on *page 106*, you'll enjoy reading John Rosemond's newest book, ***A Family of Value.*** Offered by special arrangement with Andrews and McMeel Publishers, the 306-page softcover book features seven information- and anecdote-packed chapters focusing on marriage, the traditional family, and old-fashioned child-rearing. A special question-and-answer chapter covers values, manners, television, discipline, time-outs, sibling rivalry, disobedience, aggression, money, family priorities, school, homework, toys, and grandparents. To order the book, send $17.95 to *Better Homes and Gardens®* magazine Reader Shopping Service, Department 9605, Box 9128, Des Moines, IA 50306-9128. The price of the book includes shipping, handling, and applicable sales tax.

PUT THE WORLD ON HOLD.

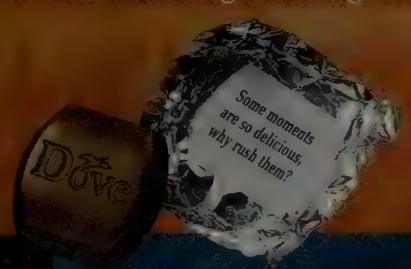
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a chocolate and a message too rich to be rushed.



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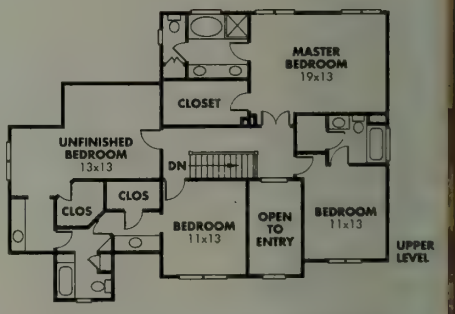
by Steven Mumford

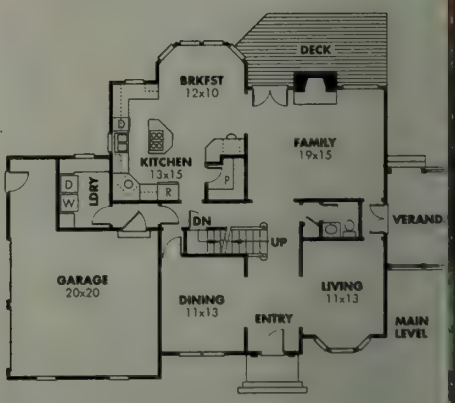
Distinguished and Stately



Bold horizontal lines and tall windows make this house look stately and formal from the curb, but a look at the floor plan shows it's not short on casual space. Behind the formal living and dining rooms, there's a 285-square-foot family room where children can play or the family can gather. If you want a little space to yourself, step out to the rear deck or the graceful veranda at the side of the house. There's a lot of elbowroom in the kitchen, too. Set off slightly from the family room, the kitchen area offers a butler's pantry, work island, and window-lined breakfast nook. Upstairs, four bedrooms and three full baths give the family space for morning routines; copious walk-in closets provide abundant storage.

Total living area: 2,517 sq. ft.
Main level: 1,357 sq. ft.
Upper level: 1,160 sq. ft.





HOW TO ORDER PLANS

1. Determine the number of plans you want to order and calculate the price from those listed in the last column. Add $10 for postage and handling ($40 for next-day service); Georgia residents (only) add 6 percent sales tax.

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Square footage figures represent heated floor only. They do not represent two-story open-to-below spaces, garages, unfinished spaces, or basements. No plumbing or mechanical plans are included. We recommend you have an architect or engineer ensure mechanical equipment is sized correctly for your particular regional building codes and climate.

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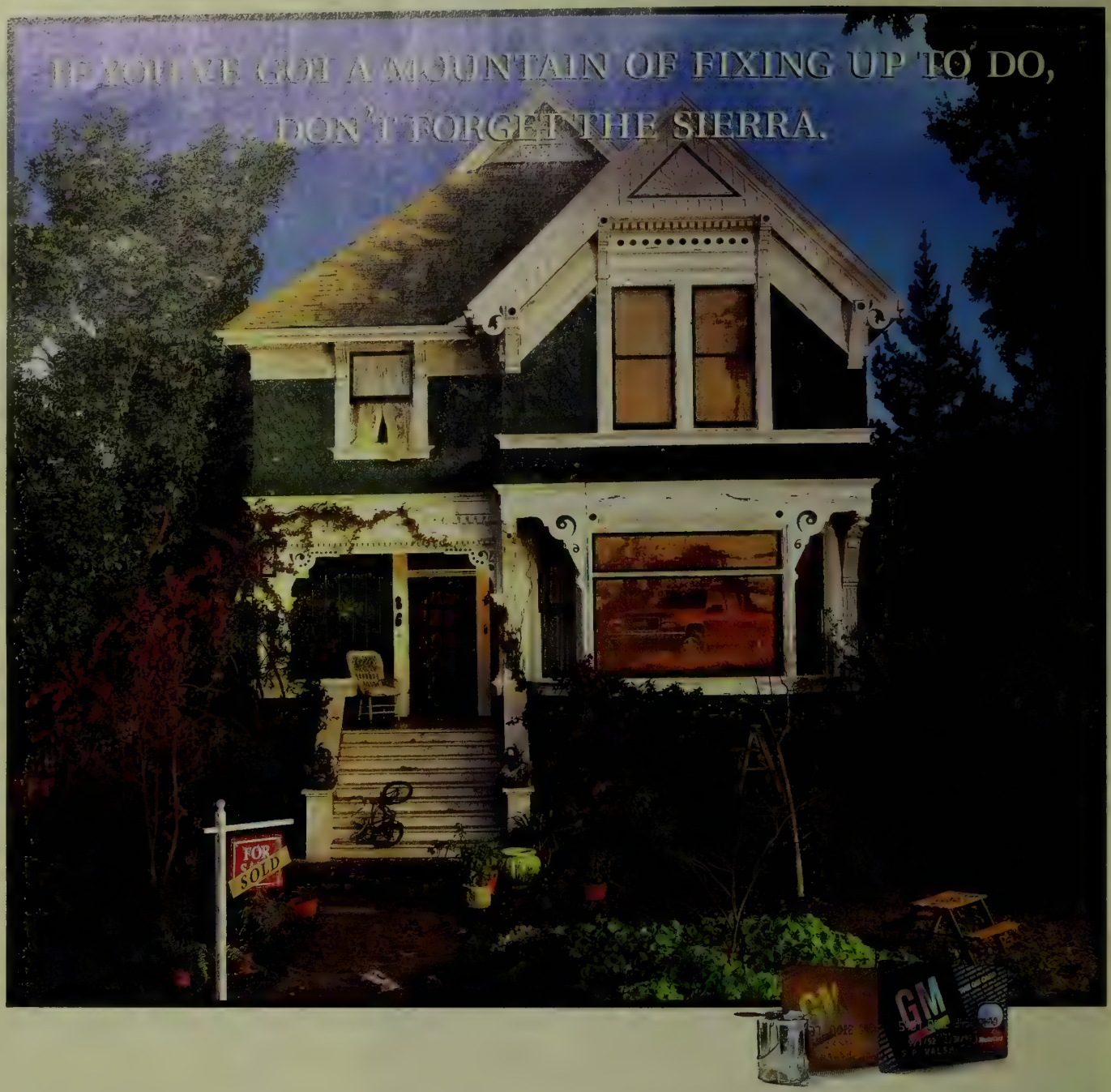
Maureen Hollerieth

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PICK YOUR PROJECT

Two Categories — Twelve Divisions

You can win in any of 12 divisions. We'll give cash awards for Class A (large), Class B (medium), and Class C (small) projects in each category plus a Grand Prize and Two Runners-up.

CATEGORY I — REMODELING

(Primarily structural home improvements)

- Exterior Fix-Up
- Outdoor Improvement
- Kitchen Remodeling
- Bathroom Remodeling
- Interior Remodeling
- Addition
- Whole House Remodeling
- Restoration

CATEGORY II — DECORATING

(Solely cosmetic changes to your home's interior)

- Special Places: Home theater, Home office, Children's rooms and Porches
- Public Places: Living room, Family room/Kitchen/Great room and Dining areas
- Private Places: Bedrooms and Bathrooms
- Whole House

CASH AWARDS

Grand Prize: $10,000
Two Runners-Up: $4,000 each
Twelve awards in each of the 12 divisions:

Class A:	$1,000
Class B:	$500
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Three merit winners in each class: $100
(Projects are classed by the scope of the effort.)

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1996 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents. Judges' decisions are final.

WIN ADDITIONAL PRIZES

Many of America's leading companies are cosponsoring our contest. You might also win cash, products, or product purchase refunds from these cosponsoring manufacturers listed on the following page whose products you've chosen to incorporate into your project.

Please turn the page for additional prizes and entry form.

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank on the next page or a photo-copy. We'll send you complete details and entry materials, along with our official entry form.

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, before and after photos, and receipts that could make your project a winner.) All final entries must be postmarked by February 1, 1997.

3. THE WINNERS: Winners will be selected on or about May 31, 1997. We will notify all winners by mail and publish the top winner in each category in our November 1997 and February 1998 issues.



Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest

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Broyhill will award $2,500 (retail value) of Broyhill furniture for the best use of Broyhill furniture.

Heat-N-Glo Fireplace Products will award the Grand Prize winner a $500 certificate toward the purchase of any additional Heat-N-Glo products if the winning entry includes the installation of a Heat-N-Glo fireplace.

Hunter Douglas will refund the cost of the Hunter Douglas window fashions used by the Grand Prize winner in any *one* room of the house. Proof of purchase is required.

Hunter Fan Co. will award a fan comparably priced to the one used by the top winner of the Kitchen/Bathroom/Interior/Addition/Whole House Remodeling divisions (retail value up to $500).

KitchenAid will award a KitchenAid Stand Mixer (retail value $325) and a KitchenAid Toaster (retail value $100) to the winner of the Kitchen Remodeling division who used three KitchenAid major appliances.

Kohler will award an additional $1,000 to any winner in the Kitchen and Bath divisions who uses a Vigora whirlpool, Vessels lavatory, Finial Faucet, or Avatar Faucet in his/her project. For more information, or to contact the Kohler Registered Showroom nearest you, call 1-800-4KOHLER.

Larson Manufacturing will award an additional storm door of choice (retail value up to $450) to the top Exterior Fix-Up winner if he/she used a Larson storm door as part of the project.

Merillat Industries, Inc. will award a cash reimbursement for exclusive use of Merillat cabinetry to the Class A winner in each of the following divisions: Kitchen Remodeling ($5,000 maximum reimbursement), Bathroom Remodeling ($2,000 maximum reimbursement).

Minwax® Company will award an additional $500 cash prize for the best use of a Minwax® product on a new, previously unfinished piece of furniture.

Pennsylvania House will award a special Limited Edition solid cherry jewelry chest (four lined drawers, 17" wide x 13" deep x 31" high, retail value $250) to the Class A winner in the Public Places decorating division if he/she used Pennsylvania House products.

Stanley Home Decor will award one set of mirror closet doors to fit a closet up to 6 feet wide and 80.5 or 96 inches high to the top Interior Remodeling division winner and the top Private Places division winner, if he/she used Stanley Home Decor's products. (Two sets of doors in total will be awarded with retail value up to $400.)

Thomasville will award a $500 gift certificat for the purchase of any Thomasville Furnitu to the top 12 winners from the Decorating Category, as well as the top 12 winners from Restoration, Whole House Remodeling, Addition, and Interior Remodeling divisions who use Thomasville Furniture in a significa way in their home improvement projects.

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- ❑ 1. Exterior Fix-Up
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- ❑ 4. Bathroom Remodeling
- ❑ 5. Interior Remodeling
- ❑ 6. Addition
- ❑ 7. Whole House Remodeling
- ❑ 8. Restoration

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- ❑ 9. Special Places: Home theater, Home office, Children's rooms and Porches
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- ❑ 12. Whole House

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SHOPPING

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: PROPER TOPPERS

Page 33: yellow check wallpaper, GP09410; **trimmed floral square,** GP19400; **floral fabric,** GP29400, "Cottage Roses" (Sunshine)—Eisenhart, P.O. Box 464, Hanover, PA 17331; for a retailer near you call 800/931-9255. **Yellow check fabric**—Designer Fabrics, 3060 100th St., Des Moines, IA 50322; 515/270-2600.

Page 34: floral fabric, pattern no. 4132-005; **striped fabric,** pattern no. 4132-008—House of Fabrics; for a retailer near you call 818/995-7000.

Page 36: fabric, pattern no. SL304F, from the Simple Living Collection—Seabrook Wallcoverings, 1325 Farmville Rd., Memphis, TN 38122. **Ball fringe and braided welt**—available at fabric and trimmings stores nationwide. **Sheer fabric**—available from Designer Fabrics, 3060 100th St., Des Moines, IA 50322; 515/270-2600.

Page 38: glass bead, WM147—Georgia Pacific Corp., P.O. Box 1763, Norcross, GA 30091; 800/284-5347. **Oak dentil,** no. 758337—available from Payless Cashways, Furrow, Lumberjack, Hugh M Woods, Somerville Lumber, and Knox Lumber; for a retailer near you call 816/234-6000.

REMODELING FOR A HEALTHY HOME

Page 43: low-E windows—Hurd Millwork Co., Inc., 575 S. Whelen, Medford, WI 54451; 800/2BE-HURD, ext. 300. **Decking**—Trex, Wood-Polymer Lumber, 20 S. Cameron St., Winchester, VA 22601; 800/BUY-TREX. **No-VOC exterior paint,** (Pristine)—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **Teak deck chairs**—Lyndale Garden Center, 6412 Lyndale Ave. S, Minneapolis, MN 55423; 612/861-6411. **Encapsulated fiberglass batt insulation**—Schuller International, Inc., P.O. Box 5108, Denver, CO 80217-3103; 800/654-3103. **Air-to-air heat exchangers in attic**—VanEE, Shelter Supply, Inc., 17725 Juniper Ave., Lakeville, MN 55044.

Page 44: carpet—S&S Mills Inc., P.O. Box 1568, Dalton, GA 30722. **Stone veneer on fireplace**—Buechel Stone Corp., W3639 Hwy. H, Chilton, WI 53014. **Direct-vent fireplace**—Heat-N-Glo Fireplace Products, Inc., 6665 W. Hwy. 13, Savage, MN 55378. **Stone and metal tables**—Swaim, Inc., Occasionals Div., P.O. Box 4189, High Point, NC 27263. **Club chairs and sofa**—Henredon Furniture Ind., P.O. Box 70, Morganton, NC 28680-0070.

Page 50 (*top*): refrigerator/freezer (*background*), and icemaker (*under counter*)—Whirlpool Corp., 2000 US 33 N, Benton Harbor, MI 49022; 800/253-1301. **Low-flow faucet on bar sink**—Eljer Ind., P.O. Box 879001, Dallas, TX 75287-9001; 800/435-5372. **(*Bottom*): rattan chairs** "Danube"—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Prefinished wood flooring**—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248; 800/722-4647.

Page 52 (illustration): waterproofing membrane—Tuf-N-Dry, Koch Materials Co., Industrial Asphalt Div., Waterproofing Products Group; 800/876-KOCH. **2 3/8-inch-thick drainage and insulation board**—Warm-N-Dri, Owens Corning, Attn: Bill Hamilton, Fiberglas Tower, T12, Toledo, OH 43659; 419/248-6190.

THE DECORATING SHOP

Page 130: *Better Homes and Gardens*® Seed Packet Samplers—Janlynn Corp., 34 Front St., Indian Orchard, MA 01151-5848.

GARDENER'S ALMANAC

Pages 132–134: Penstemon Husker Red, Rudbeckia Goldsturm, and Coreopsis Moonbeam—J.W. Jung Seed Co., 335 S. High St., Randolph, WI 53957; 414/326-3121; free catalog. Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog. Van Bourgondien & Sons, 245 Farmingdale Rd., Rte. 109, P.O. Box 1000, Babylon, NY 11702-9004; 800/552-9996; free catalog. Wayside Gardens, Hodges, SC 29695-0001; 800/845-1124; free catalog. White Flower Farm, P.O. Box 50, Litchfield, CT 06759-0050; 800/503-9624; free catalog.

COUNTRY IN THE 'BURBS

Pages 188–189: sofa—Thomasville Upholstery; for a dealer near you call 800/225-0265. **Flooring,** (Cayenne) from the Prisma Collection—Original Pergo, Perstorp Flooring, Inc.; for a retailer near you and product brochure call 800/337-3746. **Wicker armchair,** no. 1419094, from the Antigua Collection—Pier 1 Imports, 800/447-4371. **Water pump, benches, table, and accessories**—antique.

Pages 190–191: farm scene wall covering, from The Warren Kimble American Folk Art Collection—Imperial; for a dealer near you call 800/539-5399.

Pages 192–193 (*left*): sideboard hutch, no. 405-863,

sideboard base, no. 405-862, from the Island Traditions Collection—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27292; for a dealer near you call 800/539-4636. **Flooring,** P203 (Knotted Pine, planked) from the Country Collection—Original Pergo, Perstorp Flooring, Inc.; for a retailer near you and product brochure call 800/337-3746. **White chair,** "Rio Dining Chair" no. 845062—Pier 1 Imports; for a store near you call 800/447-4371. (***Right*****): plaid love seat,** "Parliament" frame no. 069-874; upholstery no. D-282083, from the American Home Collection—La-Z-Boy; for a dealer near you call 800/625-3246. **Point Harbor entertainment center and speaker side units**—Broyhill Furniture Ind.; for a dealer near you call 800/327-6944. **Picnic baskets in speaker unit,** no. 340144 (Red)—Palecek, P.O. Box 225, Richmond, CA 94808; for a dealer near you call 800/274-7730. **Trunks, windmill, and accessories**—antique.

Pages 194-195 (*left*): gable bed, headboard, no. 405-130; footboard no. 405-030 (White), from the Island Traditions Collection—Lexington Furniture Ind.; for a dealer near you call 800/539-4636. **Eight-point star quilt**—available in the Fall 1996 Coming Home with Lands' End; for a free catalog call 800/345-3696. **Rocker**—antique.

Page 196 (*top left*): Cabot dresser shuttered mirror, no. 4410—Elden Collections, a Div. of Country Affaire, Inc., 1551 E. Orangethorpe, Fullerton, CA 92631; 714/738-8424. **Horse wallpaper border,** from The Warren Kimble American Folk Art Collection—Imperial; for a dealer near you call 800/539-5399. **Bench**—antique. (***Bottom right*****): grandfather clock**—for a larger selection and a retailer near you call or write: Howard Miller, 860 E. Main Ave., Zeeland, MI 49464-1300; 616/772-9131.

KITCHENS WITH CHARACTER

Pages 202–205: refrigerator, dishwasher, microwave oven, portable mixer—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Ovens, cooktop**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093. **Hanging Lamps, fixtures,** "Fairport"—Rejuvenation Lamp & Fixture Co., 1100 SE. Grand Ave., Portland, OR 97214; 503/231-1900. **Island countertop** (Frosty White)—Gibraltar Solid Surfacing, 600 General Bruce Dr., Temple, TX 76503-6110; 800/792-6000. **Pastry-center countertop** (Carnelian)—Gran-a-Stone Co., 580 41st Ave. N, P.O. Box 1395, St. Cloud, MN 56302-1395; 612/251-5060. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Paint**—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **Wicker chairs, sofa, and lamp**—Gabbert's Furniture & Design Studio, 3501 Galleria, Edina, MN 55424; 612/927-1556. **Throw pillow fabric**—Sanderson, 979 Third Ave., New York, NY 10022; 212/319-7220 (through designers only). **Rug runner**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Lamp table**—Stickley, 1 Stickley Dr., P.O. Box 480, Manlius, NY 13104; 315/682-5500. **Banquette and Roman shade fabric,** no. 92960, "Stowe Texture" (Aquamarine); no. 4001043, "Crisscross" (Bronze)—Schumacher; for product information call 800/332-3384. **Artwork**—Art Resources Gallery, 3245 Galleria, Edina, MN 55345; 612/922-1770. **Floor insert,** "Marmoleum" no. 3164 (Indian Summer)—Forbo Contract Surfaces, Humboldt Industrial Park, P.O. Box 667, Hazleton, PA 18201; 800/842-7839.

Pages 206–208: refrigerator—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Ovens and cooktop**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Microwave oven**—Sharp Electronics Corp., Sharp Plaza, Mahwah, NJ 07430-2135; 800/237-4277. **Tile backsplash, kick plate**—Renaissance Tile and Bath, Inc., 349 Peachtree Hills Ave., Atlanta, GA 30305. **Hood**—Vent-a-Hood, P.O. Box 830426, Richardson, TX 75083-0426. **Cabinet hardware**—Abernathy's, 3147 Piedmont Rd. NE, Atlanta, GA 30305. **Faucets, sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521; 800/635-7500. **Teapot**—Calphalon Commercial Aluminum Cookware Co., P.O. Box 583, Toledo, OH 43696-0583. **White pot**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461. **White pitcher**—Pier 1 Imports (address above). **Chandelier**—Ironware International, Gables Antiques, 711 Miami Circle NE, Atlanta, GA 30324.

BIG FLAVORS

Page 215: handmade pewter server—designed by Carol Boyes from Kimberly House Ltd., 168 Madison Ave., Seventh Floor, New York, NY 10016; for a retailer near you call 212/779-3434.

Page 216: pastel yellow charger plate, "Candlewick"—Dalzell Viking, P.O. Box 459, New Martinsville, WV 26155; for a retailer near you call 304/455-2900. **Flatware**—Frank McIntosh Home Collection at Henri Bendel, 900 N. Michigan Ave., Chicago, IL 60611; 312/642-0140. **White plate,** "Crackle" designed by Calvin Klein—manufactured by Swid Powell, 55 W. 13th St., New York, NY 10011; for a retailer near you call 800/808-SWID.

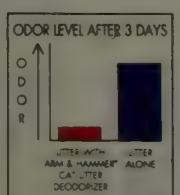
Page 217: handmade pewter soup spoon—designed by Carol Boyes from Kimberly House Ltd. (address above). **Hand-painted napkin**—Frank

continued on page 124

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Buying Guide

continued from page 123

McIntosh Home Collection at Henri Bendel, 900 N. Michigan Ave., Chicago, IL 60611; 312/642-0140.
Page 218 (*bottom*): bowl, "Ondine"—by Savoir Vivre International, 225 Fifth Ave., Showroom No. 709, New York, NY 10010; 212/987-9672.
Page 219: ruffle salad plate, "Ondine"—by Savoir Vivre International (address above). **Dessert plate,** "Maria"—Rosenthal, 355 Michele Pl., Carlstadt, NJ 07072; for a retailer near you call 201/804-8000, ext. 226.
Page 221: stainless dinner fork, "Wallis"—Sasaki, 41 Madison Ave., New York, NY 10010; for a retailer near you call 212/686-5080.
Page 222 (*bottom*): cream-colored plate, "Graffiti"—Expecting to Fly, 3095 Kerner Blvd., Suite M, San Rafael, CA 94901; 415/453-6527.
Page 255: plate, "Linea"—Cyclamen, 1825 Eastshore Hwy., Berkeley, CA 94710; 510/843-4691.

STRAWBERRY DREAMS
Page 232: plate, Bernardand "Garanee"—available at Bo Danica, 7722 Girard Ave., La Jolla, CA 92037; 619/454-6107.
Page 258: white plate, "Porcelaine de Limoges"—available at Bo Danica, 7722 Girard Ave., La Jolla, CA 92037; 619/454-6107.

PRIZE TESTED RECIPES®
Page 266 (*left*): plate, "Countryware"—Wedgwood, 1330 Campus Pkwy., Wall, NJ 07719; for a retailer near you call 908/938-5800, ext. 507.

BH&G KIDS®
Page 274: children's clothing—Heart's Designs, 11650 W. 85th St., Lenexa, KS 66214-1541; 913/492-6078.

READER SHOPPING
Page 55: Health House Consumer Workbook—American Lung Association, 1829 Portland Ave., Minneapolis, MN 55404; **Your Natural Home**—Little Brown and Co., 1271 Avenue of the Americas, New York, NY 10020; **Eco-Interiors: A Bold Call to Action For Interior Designers**—John Wiley & Sons, Inc., 605 Third Ave., New York, NY 10158-0012; **Healthier Home Plans catalog** and **Guide to Planning, Building, and Maintaining a Healthier Home**—Columbia Design Group, P.O. Box 16554, Portland, OR 97216-0554.
Page 112: A Family of Value by John Rosemond—Andrews & McMeel, 4900 Main St., Kansas City, MO 64112.
Page 136: No-Sew Window Cornice Kit—S & L Products, 1453-A 14th St., No. 126, Santa Monica, CA 90404.
Page 271: Summer Reading Packs—Larousse Kingfisher Chambers, Inc., 95 Madison Ave., New York, NY 10016.
Page 132: Spring Perennial Collection—Bluestone Perennials, Inc., 7211 Middle Ridge Rd., Madison, OH 44057.
Page 136: A Garden is a Job Forever Sampler—Banar Designs, 431 S. Main, Fallbrook, CA 92028.

Architects & Designers

REMODELING FOR A HEALTHY HOME
Pages 43–55: national project director—Dianne Walsh Astry, American Lung Assn. of Hennepin County, 1829 Portland Ave., Minneapolis, MN 55404; 612/671-7332. **Architect**—Bruce W. Schmitt & Assoc., 320 Manitoba Ave. S, Wayzata, MN 55391-1614; 612/476-6222. **Builder**—Gary Kraemer, John Kraemer & Sons, 10205 Antlers Ridge, Eden Prairie, MN 55347-5014; 612/943-0037. **Energy consultant**—Dr. Subrato Chandra, P.E., Florida Solar Energy Center, 300 State Rd. 401, Cape Canaveral, FL 32920-4099; 407/783-0300. **Site testing coordinator**—Steve Klossner, Advanced Certified Thermography, 143 St. Croix Trail S, Lakeland Shores, MN 55043; 612/436-5120. **Program manager**—George James, Office of Building Technology, U.S. Department of Energy, Washington, DC 20582; 202/586-9472. **Interior design consultant**—Victoria Schomer, ASID, Interior Concerns, P.O. Box 2386, Mill Valley, CA 94942; 415/389-8049.

THE TWO-WAY FRONT YARD
Pages 173–182: landscape designers—Linda Chisari, 1010 Crest, Del Mar, CA 92014; 619/481-7888. EarthMoods, 728 San Carlos, Albany, CA 94706; 510/526-1140.

KITCHENS WITH CHARACTER
Pages 202–205: architect—Mulfinger, Susanka & Mahady Architects, Inc., 43 Main St. SE, Ste. 410, Minneapolis, MN 55414. **Builder**—Kyle Hunt & Partners, 3300 Edinborough Way, Edina, MN 55435.
Pages 206–208: architect—Tom Crosby, AIA, Crosby & Crosby, Inc., 34 Inman Circle, Atlanta, GA 30309. **Interior designer**—Anita Crosby, Crosby & Crosby, Inc. (address above).

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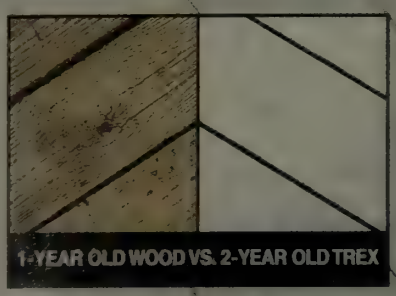
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It's called Trex®. A wood-polymer lumber that's specially designed to resist damaging UV rays, moisture and insects. Making it possible for your deck to look as beautiful in ten years as it did the day it was built. And, we might add, without having to spend time and money on sealants. The fact is, Trex is so durable it maintains its natural beauty and driftwood grey color all by itself.

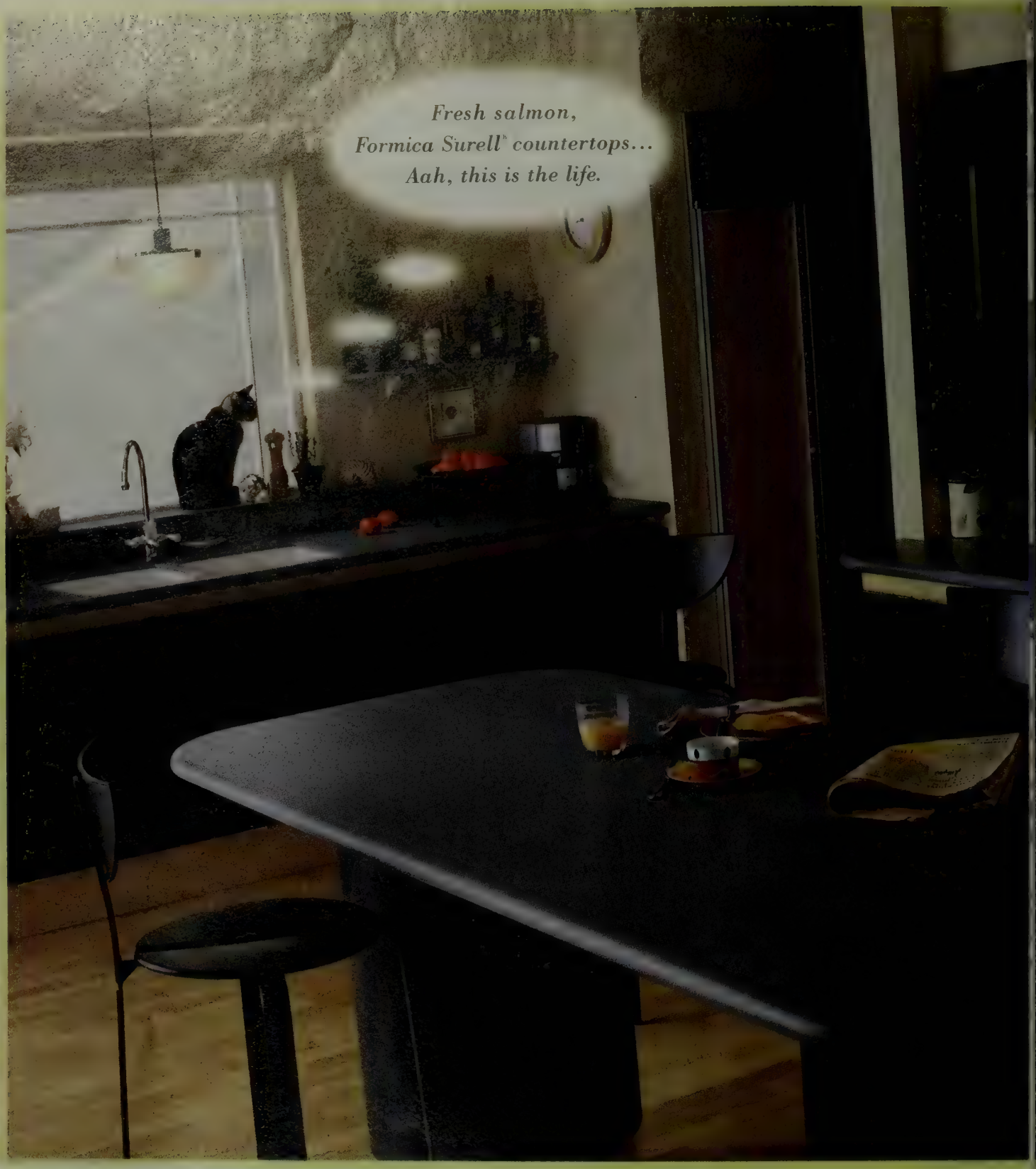
So contact your nearest authorized dealer **listed on the opposite page** or call 1-800-BUY-TREX. After all, decking lumber that endures the years this beautifully doesn't come along every day.



1-YEAR OLD WOOD VS. 2-YEAR OLD TREX

Trex®
Wood-Polymer Lumber

Remember to recycle your plastic grocery sacks. Trex is made of reclaimed plastic and wood.



The luxury of Surell® solid surfacing material hardly ever goes unnoticed. Presenting Surell from the surface experts at Formica Corporation. Available in a wide range of colors and patterns, it adds both elegance and durability to any kitchen. And because its beauty goes all the way through, Surell can be shaped to create virtually seamless counters and sinks, making practic any repair incredibly simple. For more information a Surell solid surfacing material and its 10-year warra call 1-800-FORMICA.

FORMICA

FOR THE ♡ OF THE ⌂

Surel

When Opposites Attract



Purple and yellow complement



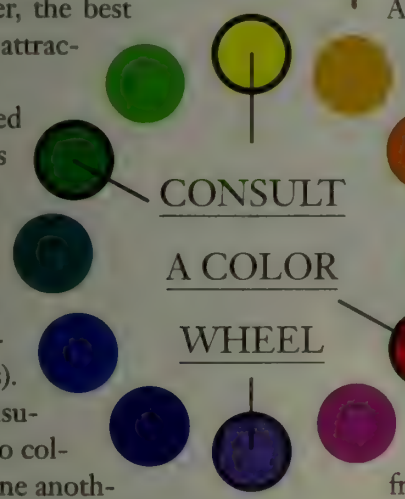
Red and green complement

PHOTOGRAPHS KING AU. TEXT CANDACE ORD MANROE

Combining just the right colors in your home is like seating guests at a dinner party: When it's a snappy energy you're after, the best bet is the unique attraction of opposites.

Just as polarized personalities somehow bring out the best in each other, so do opposites on the color wheel (complementary colors). Because of their visual contrast, the two colors complement one another with a drama and intensity impossible among more closely related hues.

If you're unsure of a chosen color's complement, consult a color wheel (shown here, but also available at any paint store). Pair your favorite color with a shade opposite it on the color wheel. A couple of winning complementary combinations are shown above. If bright red is your palette's main color, try pairing it with green, it's opposite on the color wheel. Brighten purple's outlook with its complement, yellow.



CONSULT A COLOR WHEEL

Complementary colors always have a warm and a cool tone, because they're opposite on the color wheel; let one dominate.

As we've done here, allow one color to take center stage, with the complement serving as counterpoint, not competition. Introduce the complement through fabrics, accessories, or a painted molding. Or, make it as subtle as the accent color in fresh flowers or fruit.

When combining these opposites, if they are of the same intensity or brightness, both the main color and its complement will appear more vivid combined than alone. The result is a space that pulsates with vitality. Be aware that too much contrast can be emotionally irritating. Toss in a neutral hue such as black, tan, or white to highlight the complements and give your eye a resting place. ⌂

Win The Feeling Of Having A Surell® Kitchen.



The diamond bracelet shown may not necessarily be the actual grand prize giveaway.

There's nothing quite like the feeling of being surrounded by luxury, whether in the home or out on the town. And the luxury-surface people are giving you the chance to bring a breathtaking diamond bracelet, valued at $6000, into your life.

Please enter my name in the drawing for a diamond bracelet from Surell® solid surfacing material.

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Are you considering replacing any of your countertops?

❑ Yes ❑ No

I will be remodeling my kitchen in:

❑ 3 months ❑ 6 months ❑ 1 year

❑ 1 year or more

My budget for remodeling is:

❑ under $1,000 ❑ $1,000–$5,000

❑ $5,000–$10,000 ❑ $10,000 or more

No purchase necessary to enter. Please send your entry form to:

Surell® Diamond Giveaway
P.O. Box 2001
Ojai, CA 93024-2001

FORMICA® Surell®

Surell Diamond Giveaway Rules

No purchase necessary. To enter, print your name, address and home phone number on entry form or piece of paper. Answers to optional questions not required to be eligible for entry in sweepstakes. Send your completed entry in a #10 envelope to: SURELL DIAMOND GIVEAWAY, P.O. Box 2001, Ojai, CA 93024-2001. Only one entry per person. GIVEAWAY BEGINS 3/4/96 AND ALL ENTRIES MUST BE RECEIVED BY 9/30/96. Sponsors are not responsible for late, lost or misdirected mail.

Winner will be selected in random drawing on or about 10/5/96 from all eligible entries received by L.A. PROMO independent judges, whose decisions are final. Winner will be notified by mail and required to execute and return an Affidavit of Eligibility/Release of Liability Form within 14 days of date on notification or an alternate winner will be selected in a subsequent random drawing. Prize is not transferable, assignable or redeemable for cash. All taxes are the responsibility of the winner.

Prize: One (1) GRAND PRIZE: DIAMOND BRACELET (a.r.v. $6,000). Odds of winning are determined by the number of eligible entries received.

Sweepstakes open to U. S. residents 18 years of age or older. Employees and their immediate families of Formica Corporation, Mad Dogs Enterprises, Inc., Meredith Corporation, their parent companies, affiliates, subsidiaries, advertising and promotion agencies and L.A. PROMO are not eligible.

Federal, state and local laws and regulations apply. Void where prohibited.

For winner list (available after 11/15/96), send a SASE #10 envelope to BH&G WINNER, Dept. #DIRS, P. O. Box 1834, Ojai, CA 93024-1834.

by Cathy Borcherding

Shelf Borders

There's no reason to stare at a blank wall. Set up an eye-pleasing arrangement with little to no fuss, using a novelty wallpaper border coupled with a shelf.



Create instant decorative architecture by combining an interesting wallpaper border and a display shelf.

Place the shelving at a height that complements a design element in your home. For instance, follow an existing horizontal line created by a window or a cabinet top, or snug the shelf up to the top of upholstered pieces. In general, it's best to divide the wall in thirds. Then top off the shelf with a decorative border.

Although any border will do, offer your wall space personality and make decorating a breeze by choosing a pictorial border. The border's motifs can stand in for the small knickknacks and other shelf-size treasures you'd otherwise put on display. No need to worry about gathering objects, making color choices, or planning a composition—and dusting is a breeze.



Complement a wallpaper border pattern by repeating its design elements, such as the color, shapes, and lacy edge you see *above*.

Keep shelf "sitters" at a minimum to avoid clutter and confusion with the border design. For fun, select items that suit the theme or mirror the design's motifs, *above left*.

SEASONAL ALLERGY ALERT

m HISMANAL you get relief of your runny nose sneezing and
y watery eyes without getting drowsy. In fact, HISMANAL causes
more drowsiness than a sugar pill.*

ISMANAL only needs to be taken once a day for a full 24 hours of
ef. And with HISMANAL, your satisfaction is guaranteed
your money back.

ISMANAL is available by prescription only. So be sure to ask
ur doctor about it today.

**ARNING: HISMANAL should be taken only as directed, one
blet a day. Do not increase the dose in an attempt to speed
e action of HISMANAL. It may take a few days of regular use
feel the action of HISMANAL.**

**ISMANAL must not be taken with the prescription antifungal
dicines itraconazole (Sporanox®) or ketoconazole (Nizoral®)
blets, or the prescription antibiotics erythromycin or clarith-
mycin.**

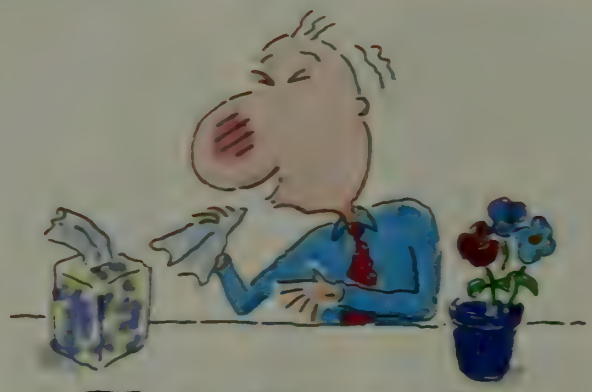
ople with serious liver disease should not take HISMANAL.

**ISMANAL has been associated with rare occurrences of
normal heartbeats and heart attacks. In very rare cases, this
uld be fatal. Tell your doctor before taking HISMANAL if you
ve any liver or heart problems.**

**s also important to tell your doctor if you ever become faint,
zzy, or have irregular heartbeats while you are taking
ISMANAL.**

reported incidence of drowsiness with HISMANAL (7.1%) in clinical
dies involving more than 1600 patients did not differ significantly from
reported in patients receiving placebo (6.4%).

R A FREE HELPFUL BOOKLET CALL 1-800-560-8867



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Without Snoozing.

Ask your doctor today about

HISMANAL®

(ASTEMIZOLE) 10 mg Tablets

The nondrowsy seasonal allergy relief you want...or your money back



Live Your Life.

ANSSEN · PHARMACEUTICA · RESEARCH FOUNDATION ·

Please see important precautionary information on next page.

HISMANAL should not be used as a prophylactic agent or for the relief of symptoms. Patients should be advised not to use more than the dose in an attempt to accelerate the onset of action.

Clinical studies have not been conducted to evaluate the effectiveness of HISMANAL in the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH ERYTHROMYCIN IS CONTRAINDICATED BECAUSE ERYTHROMYCIN IS KNOWN TO IMPAIR THE CYTOCHROME P450 ENZYME SYSTEM WHICH ALSO INFLUENCES ASTEMIZOLE METABOLISM. THERE HAVE BEEN TWO REPORTS TO DATE OF SYNCOPE WITH TORSADES DE POINTES, REQUIRING HOSPITALIZATION, IN PATIENTS TAKING COMBINATIONS OF HISMANAL 10 MG DAILY WITH ERYTHROMYCIN. IN EACH CASE THE QT INTERVALS WERE PROLONGED BEYOND 650 MILLISECONDS AT THE TIME OF THE EVENT; ONE PATIENT ALSO RECEIVED KETOCONAZOLE AND THE OTHER PATIENT ALSO HAD HYPOKALEMIA.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH KETOCONAZOLE TABLETS IS CONTRAINDICATED BECAUSE AVAILABLE HUMAN PHARMACOKINETIC DATA INDICATE THAT ORAL KETOCONAZOLE SIGNIFICANTLY INHIBITS THE METABOLISM OF ASTEMIZOLE, RESULTING IN ELEVATED PLASMA LEVELS OF ASTEMIZOLE AND DESMETHYLASTEMIZOLE. DATA SUGGEST THAT CARDIOVASCULAR EVENTS ARE ASSOCIATED WITH ELEVATION OF ASTEMIZOLE AND/OR ASTEMIZOLE METABOLITE LEVELS, RESULTING IN ELECTROCARDIOGRAPHIC QT PROLONGATION.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH ITRACONAZOLE IS ALSO CONTRAINDICATED BASED ON THE CHEMICAL RESEMBLANCE OF ITRACONAZOLE AND KETOCONAZOLE. IN-VITRO DATA SUGGEST THAT ITRACONAZOLE HAS A LESS PRONOUNCED EFFECT ON THE BIOTRANSFORMATION SYSTEM RESPONSIBLE FOR THE METABOLISM OF ASTEMIZOLE COMPARED TO KETOCONAZOLE. (See **WARNINGS** and **PRECAUTIONS**: Drug Interactions.)

HISMANAL is contraindicated in patients with known hypersensitivity to astemizole or any of the inactive ingredients.

WARNINGS

QT PROLONGATION/VENTRICULAR ARRHYTHMIAS

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS INCLUDING DEATH, CARDIAC ARREST, QT PROLONGATION, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS HAVE BEEN OBSERVED IN PATIENTS EXCEEDING RECOMMENDED DOSES OF ASTEMIZOLE. WHILE THE MAJORITY OF SUCH EVENTS HAVE OCCURRED FOLLOWING SUBSTANTIAL OVERDOSES OF ASTEMIZOLE, TORSADES DE POINTES (ARRHYTHMIAS) HAVE VERY RARELY OCCURRED AT REPORTED DOSES AS LOW AS 20-30 MG DAILY (2-3 TIMES THE RECOMMENDED DAILY DOSE). DATA SUGGEST THAT THESE EVENTS ARE ASSOCIATED WITH ELEVATION OF ASTEMIZOLE AND/OR ASTEMIZOLE METABOLITE LEVELS, RESULTING IN ELECTROCARDIOGRAPHIC QT PROLONGATION.

THESE EVENTS HAVE ALSO OCCURRED AT 10 MG DAILY IN A FEW PATIENTS WITH POSSIBLE AUGMENTING CIRCUMSTANCES (SEE CONTRAINDICATIONS, AND WARNING PARAGRAPHS BELOW WARNINGS BOX). IN VIEW OF THE POTENTIAL FOR CARDIAC ARRHYTHMIAS, ADHERENCE TO THE RECOMMENDED DOSE SHOULD BE EMPHASIZED.

DO NOT EXCEED THE RECOMMENDED DOSE OF 10 MG (ONE TABLET) DAILY.

SOME PATIENTS APPEAR TO INCREASE THE DOSE OF HISMANAL IN AN ATTEMPT TO ACCELERATE THE ONSET OF ACTION. PATIENTS SHOULD BE ADVISED NOT TO DO THIS AND NOT TO USE HISMANAL AS A P R N PRODUCT FOR IMMEDIATE RELIEF OF SYMPTOMS.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH KETOCONAZOLE TABLETS, ITRACONAZOLE, OR ERYTHROMYCIN IS CONTRAINDICATED. (SEE CONTRAINDICATIONS AND PRECAUTIONS: DRUG INTERACTIONS.)

SINCE ASTEMIZOLE IS EXTENSIVELY METABOLIZED BY THE LIVER, THE USE OF ASTEMIZOLE IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION SHOULD GENERALLY BE AVOIDED.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING ASTEMIZOLE SHOULD LEAD TO IMMEDIATE DISCONTINUATION OF TREATMENT AND APPROPRIATE CLINICAL EVALUATION, INCLUDING ELECTROCARDIOGRAPHIC TESTING (LOOKING FOR QT PROLONGATION AND VENTRICULAR ARRHYTHMIA).

(SEE CLINICAL PHARMACOLOGY, CONTRAINDICATIONS, WARNINGS, PRECAUTIONS, AND DOSAGE AND ADMINISTRATION.)

Patients known to have conditions leading to QT prolongation may experience QT prolongation and/or ventricular arrhythmia with astemizole at recommended doses. The effect of astemizole in patients who are receiving agents which alter the QT interval is unknown. However, in view of astemizole's known potential for QT prolongation, it is advisable to avoid its use in patients with QT prolongation syndrome or who are taking medications which are reported to prolong QT intervals (including probucol, certain antiarrhythmics, certain tricyclic antidepressants, certain phenothiazines, certain calcium channel blockers such as bepridil, and terfenadine), patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or those taking diuretics with potential for inducing electrolyte abnormalities.

Rare cases of cardiovascular events have been observed in patients with hepatic dysfunction. Systematic evaluation of the pharmacokinetics of astemizole in patients with hepatic dysfunction has not been performed. Since astemizole is extensively metabolized by the liver, the use of HISMANAL in patients with significant hepatic dysfunction should generally be avoided.

PRECAUTIONS

General:

Caution should be given to potential anticholinergic (drying effects) in patients with lower airway diseases.

Caution should be used in patients with cirrhosis or other liver diseases.

HISMANAL does not appear to be dialyzable.

Caution should also be used when treating patients with renal impairment.

Drug Interactions:

See CONTRAINDICATIONS and WARNINGS sections for discussion of information regarding potential drug interactions.

Ketoconazole/Itraconazole

Concomitant administration of ketoconazole tablets or itraconazole with astemizole is contraindicated. (See CONTRAINDICATIONS and WARNINGS BOX.)

Due to the chemical similarity of fluconazole, metronidazole, and miconazole i.v. to ketoconazole, concomitant use of these products with astemizole is not recommended.

Macrolides (including erythromycin)

Concomitant administration of erythromycin with astemizole is contraindicated. (See CONTRAINDICATIONS and WARNINGS BOX.)

Concomitant administration of astemizole with other macrolide antibiotics, including troleandomycin, azithromycin, and clarithromycin, is not recommended.

Information for Patients:

Patients using HISMANAL (astemizole) should receive the following information and instructions: Antihistamines are prescribed to reduce allergic symptoms. Before taking HISMANAL should be advised 1) to adhere to the recommended dose and 2) that the use of excessive doses may lead to serious cardiovascular events. Some patients appear to increase the dose of HISMANAL in an attempt to accelerate the onset of action. PATIENTS SHOULD BE ADVISED NOT TO DO THIS and not to use HISMANAL as a p r n product for immediate relief of symptoms. Patients should be questioned about use of any other prescription or over-the-counter medication and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, or erythromycin. Patients should be advised to consult the physician before concurrent use of other medications with astemizole. Patients should be questioned about pregnancy or lactation before starting HISMANAL therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. (See Pregnancy subsection.) In addition, patients should be instructed to take HISMANAL on an empty stomach, e.g., at least 2 hours after a meal. No additional food should be taken for at least 1 hour after dosing. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Carcinogenesis, Mutagenesis, Impairment of Fertility:

Carcinogenic potential has not been revealed in rats given 260x the recommended human dose of astemizole for 24 months, or in mice given 400x the recommended human dose for 18 months. Micronucleus, dominant lethal, sister chromatid exchange and Ames tests of astemizole have not revealed mutagenic activity.

Impairment of fertility was not observed in male or female rats given 200x the recommended human dose.

Pregnancy: Pregnancy Category C:

Teratogenic effects were not observed in rats administered 200x the recommended human dose or in rabbits given 200x the recommended human dose. Maternal toxicity was seen in rabbits administered 200x the recommended human dose. Embryocidal effects accompanied by maternal toxicity were observed at 100x the recommended human dose in rats. Embryotoxicity or maternal toxicity was not observed in rats or rabbits administered 50x the recommended human dose. There are no adequate and well controlled studies in pregnant women. HISMANAL should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Metabolites may remain in the body for as long as 4 months after the end of dosing, calculated on the basis of 6 times the terminal half-life.

Nursing Mothers:

It is not known whether this drug is excreted in human milk. Because certain drugs are known to be excreted in human milk, caution should be exercised when HISMANAL is administered to a nursing woman. HISMANAL is excreted in the milk of dogs.

Pediatric Use:

Safety and efficacy in children under 12 years of age has not been demonstrated.

ADVERSE REACTIONS

For information regarding cardiovascular adverse events (e.g. cardiac arrest, ventricular arrhythmias), please see CONTRAINDICATIONS and WARNINGS BOX. In some cases, recognition of severe arrhythmias has been preceded by episodes of syncope. Similarly, rare cases of hypotension, palpitations, and dizziness have also been reported with HISMANAL use, which may reflect undetected ventricular arrhythmia.

The reported incidences of adverse reactions listed in the following table are derived from controlled clinical studies in adults. In these studies the usual maintenance dose of HISMANAL was 10 mg once daily.

	Percent of Patients Reporting		
	Controlled Studies*		
ADVERSE EVENT	HISMANAL (N=1630) %	PLACEBO (N=1109) %	CLASSICAL** (N=304) %
Central Nervous System			
Drowsiness	7.1	6.4	22.0
Headache	6.7	9.2	3.3
Fatigue	4.2	1.6	11.8
Appetite increase	3.9	1.4	0.0
Weight increase	3.6	0.7	1.0
Nervousness	2.1	1.2	0.3
Dizzy	2.0	1.8	1.0
Gastrointestinal System			
Nausea	2.5	2.9	1.3
Diarrhea	1.8	2.0	0.7
Abdominal pain	1.4	1.2	0.7
Eye, Ear, Nose, and Throat			
Mouth dry	5.2	3.8	7.9
Pharyngitis	1.7	2.3	0.3
Conjunctivitis	1.2	1.2	0.7
Other			
Arthralgia	1.2	1.6	0.0

*Duration of treatment in Controlled Studies ranged from 7 to 182 Days

**Classical Drugs: Clemastine (N=137); Chlorpheniramine (N=100); Pheniramine Maleate (N=47);d-Chlorpheniramine (N=20)

Adverse reaction information has been obtained from more than 7500 patients in all clinical trials. Weight gain has been reported in 3.6% of astemizole treated patients involved in controlled studies, with an average treatment duration of 53 days. In 46 of the 59 patients for whom actual weight gain data was available, the average weight gain was 3.2 kg. Less frequently occurring adverse experiences reported in clinical trials or spontaneously from marketing experience with HISMANAL include: angioedema, asymptomatic liver enzyme elevations, bronchospasm, depression, edema, epistaxis, hepatitis, myalgia, palpitation, paresthesia, photosensitivity, pruritus, and rash.

Marketing experiences include isolated cases of convulsions. A causal relationship with HISMANAL has not been established.

OVERDOSAGE

In the event of overdosage, supportive measures including gastric lavage and emesis should be employed. Substantial overdoses of HISMANAL can cause death, cardiac arrest, QT prolongation, torsades de pointes, and other ventricular arrhythmias. These events can also occur although rarely, at doses (20-30 mg) close to the recommended dose (10 mg/daily). (See WARNINGS BOX and DOSAGE AND ADMINISTRATION.)

Sedation and syncope have also been reported with overdose and may be associated with cardiac event.

Overdosed patients should be carefully monitored as long as the QT interval remains prolonged or arrhythmias are present. In some cases, this has been [illegible] cases in which ventricular arrhythmias are [illegible] prolongation, treatment with antiarrhythmics [illegible] intervals is not recommended. HISMANAL [illegible] dialyzable.

Oral LD50 for HISMANAL [illegible] mg/kg in mice and 3154 mg/kg in rats. In neonatal rats the oral LD50 was 905 mg/kg in males and 1235 mg/kg [illegible].

Revised March 19[illegible]

JANSSEN [illegible]

DECORATING SHOP

Samplers From the Past



Covers from our magazine's past, *below right*, inspired the cross-stitch designs you can stitch, above.



As contradictory as it may sound, nostalgia is one of the newest trends in home decorating. And collectibles with garden themes are sprouting up as one of the most popular offshoots of this furnishings trend. To help you add a bit of the colorful past to you walls, we lent our logo to these cross-stitch samplers—th designs are reminiscent of the charming covers from th early years of *Better Homes and Gardens*® magazine. W offer these as a glimpse of the past that can perk up you rooms today. But these framed samplers also give you peek into our future: as *Better Homes and Gardens* gears u to celebrate its 75th birthday, look for more pieces of ou history to emerge!

The kit to make these three counted cross-stitch sam plers is available exclusively to the readers of *Better Hom and Gardens* magazine (not sold in stores). Offered b special arrangement with Janlynn Corporation, each k contains 14-count white Aida fabric, cotton embroider floss, black plastic frames, needle, chart, and complet instructions to make all three samplers shown. Each fi ished sampler measures approximately 5×7 inches.

TO ORDER, send a check or money order for $19.95 per k to: *Better Homes and Gardens* Reader Shopping Service, Dept. D960 Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, ar American Express card users may call 800/881-4066. The price per k includes shipping, handling, and applicable sales tax.



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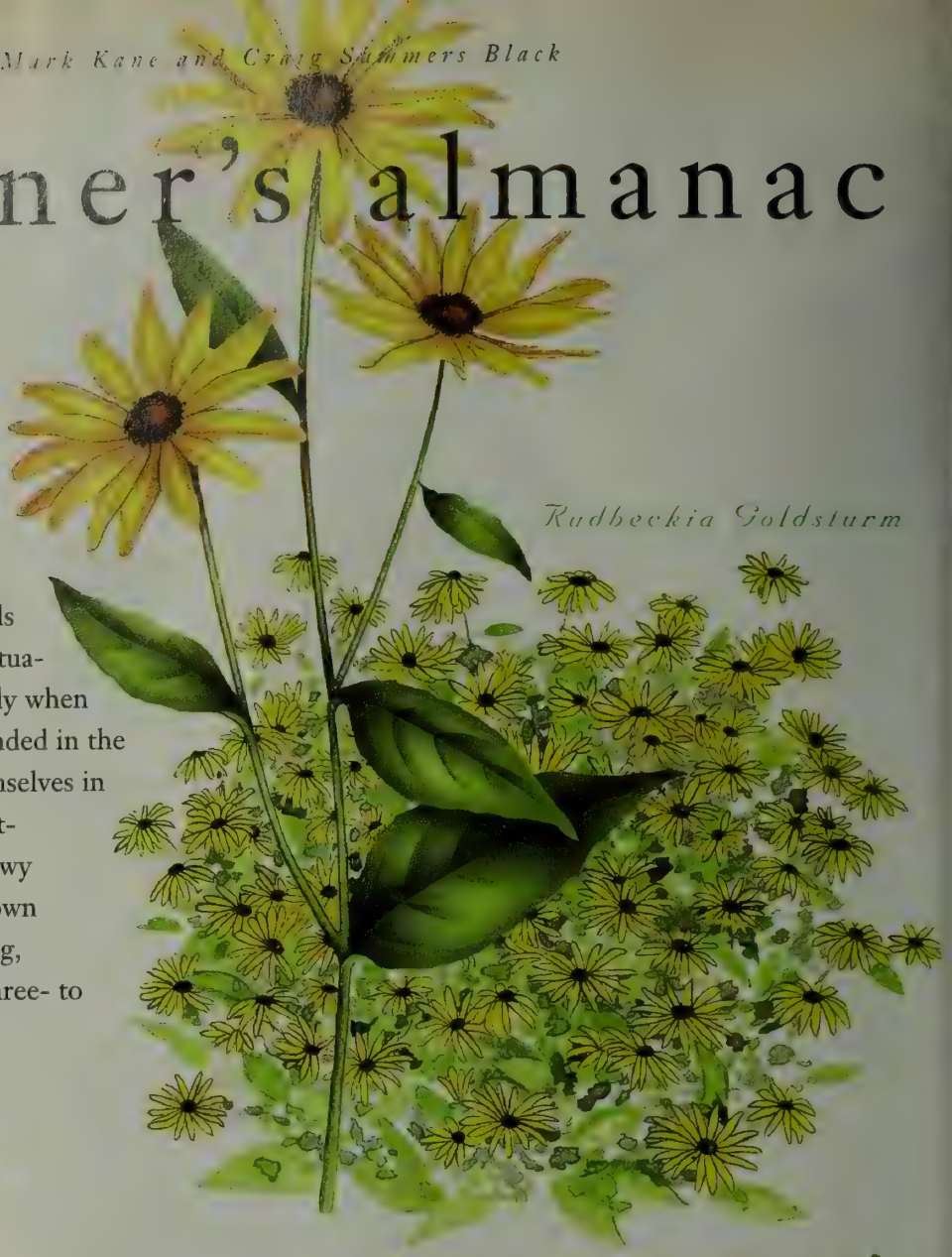
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*Substances removed may not be in all users' water. *Details in box.* *© 1996 The Brita Products Co.*

by Mark Kane and Craig Summers Black

gardener's almanac

EDITOR'S CHOICE



Rudbeckia Goldsturm

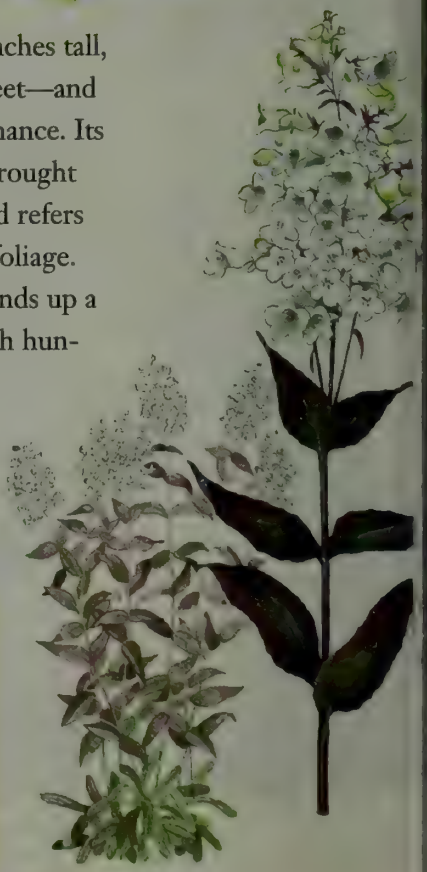
Sunny stalwarts. This prolific trio of long-blooming perennials feels comfortably at home in any sunny situation. They reward the eye particularly when massed in sweeping drifts, when blended in the border, or when left to fend for themselves in the wild garden. *And* they're drought-tolerant. Rudbeckia Goldsturm's showy yellow-orange petals and bronze-brown central cones make it ideal for cutting, especially considering the flowers' three- to four-inch span.

Coreopsis Moonbeam



Coreopsis Moonbeam is shorter—about 14 inches tall, compared with the rudbeckia's two to three feet—and more delicate in appearance, if not in performance. Its two-inch soft, yellow flowers also like to be brought indoors. The "red" in Penstemon Husker Red refers not to its flower but its dramatic bronze-red foliage. Another floriferous toughie, this 30-incher sends up a score or more of airy flower stalks topped with hundreds of tubular white flowers.

Penstemon Husker Red



continued on page 134

TO ORDER our Editor's Choice **Spring Perennial Collection** (nine plants including three of each of the varieties described above), send a check or money order for $36.95 to *Better Homes and Gardens*® Reader Shopping Service, Department 9605, Box 9128, Des Moines, IA 50306-9128. American Express, Visa, and Mastercard users may call 800/881-4066. The price of the collection includes shipping, handling, and applicable sales tax. The plants, which measure about 2½x[illegible]x1½ at shipment, are offered by special arrangement with Bluestone Perennials Inc. and will be shipped at the proper time for planting in your specific zone (approximately April 1, 1996 to May 24, 1996). *Please order early; quantities of this special package are limited.* Sorry, but we are unable to ship to Alaska, Hawaii, Canada, Puerto Rico, or Mexico.

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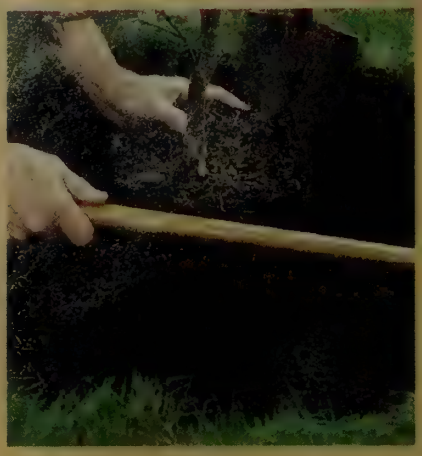


1-800-4-SHERWIN

gardener's almanac

continued from page 132

TEST *garden* TIP



A deep subject. Planting depth is terribly important. Plant too deep and you may smother your new purchase. Or ... it may ... slowly ... rot. Plant too shallow and the poor thing—high and dry—may feel parched, struggling for nutrients until it ceases to exist. A simple way to avoid this: Line up the top of the root ball with the existing soil level by laying down a shovel or rake atop the hole as your guide.



Looking Good

A HOT POT. Margaret Willoughby uses this antique dry sink as a potting bench outside in her Portland, Oregon, garden. But, while the sturdy carpentry shrugs off the morning dew unaided, Margaret herself—a former Australian—likes a spot of tea to ward off the chill. And her little wood-burning stove does just the trick. The bench is deftly hidden at the back of the yard, and the compost bin is situated handily nearby.



MOTHER'S DAY GIFT: Give a Miracle rose and share a gift that helps homeless children. Harry and David offers this miniature coral rose in a rattan basket for $31.90. For each rose purchased, $5 is donated to KID-START, a Better Homes Fund program linking homeless children with schools and medical services. To order, call 800/227-3313, Dept. 6235-7. Specify Item No. 8101-H.



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Garden Sampler



You'll easily see the writing on the wall when you stitch up this eye-catching sampler. Not bound by convention, the sampler presents attention-grabbing decorative contrast—delicate stitchery embraced in the rough limbs of a twig frame. There's a minimum of stitching involved in this 8×8-inch counted cross-stitch project, and mounting it is easy using the pre-assembled frame included in our kit.

Designed exclusively for the readers of *Better Homes and Gardens*® magazine by Banar Designs (and not available in stores), the kit contains all the materials you need including 14-count white Aida cross-stitch fabric, cotton embroidery floss, needle, twig frame, twine trim for frame, cross-stitch chart, and complete step-by-step instructions.

TO ORDER with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, send a check or money order for $17.95 to *Better Homes and Gardens* Reader Shopping Service, Dept. D9605, Box 9128, Des Moines, IA 50306-9128. The price of the kit includes shipping, handling, and applicable sales tax.

SHOPPING

No-Sew Window Cornice Kit



To make the quick and easy no-sew window cornice shown in our Style in the Making® feature on page 34, we used a kit. Offered here in cooperation with S & L products, the kit (to make one 40-inch wide cornice) contains the front board, top board, side returns, fasteners, mounting hardware, and two patterns to choose from if you desire to make a shaped edge. To order, send a check or money order for $32.95 to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9605, Box 9128, Des Moines, IA 50306-9128. Credit card users may call 800/881-4066. The price of the kit includes shipping, handling, and applicable sales tax.

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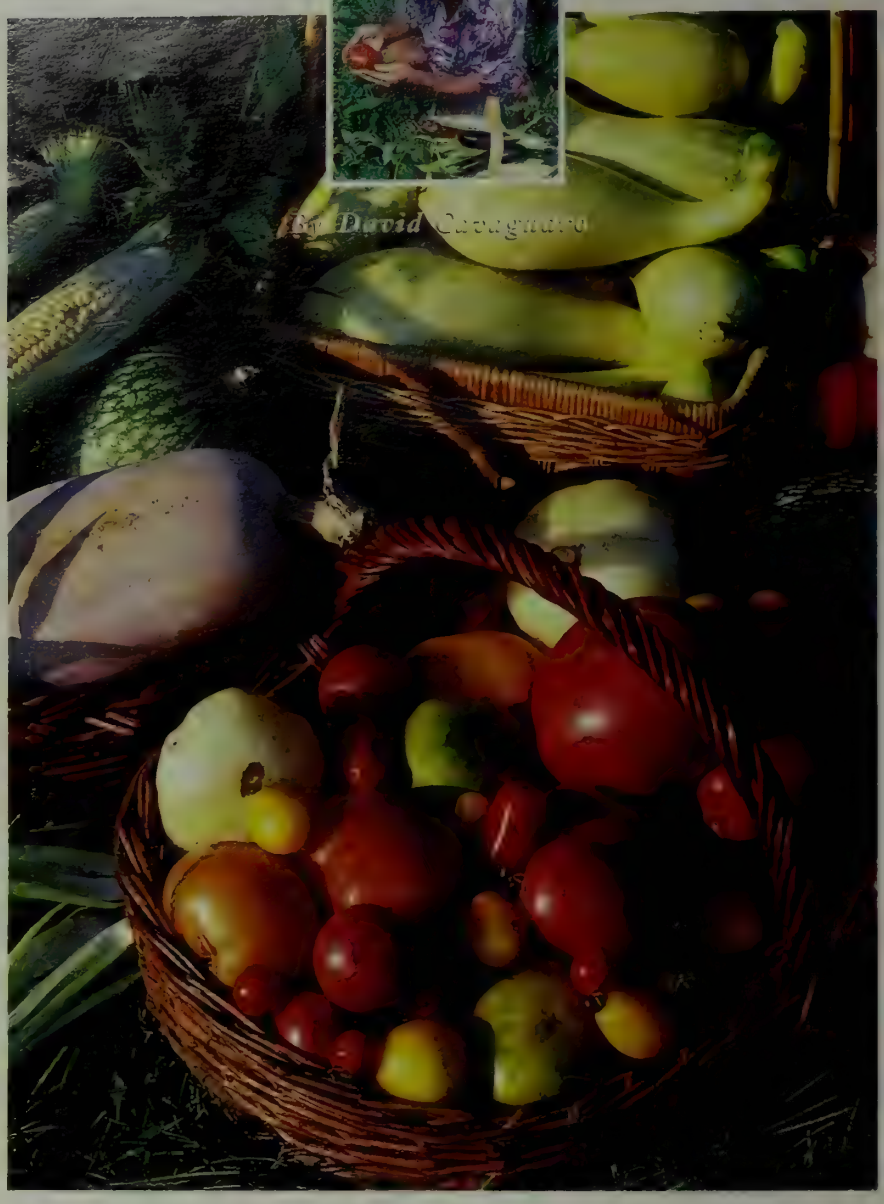
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*Plus $3.99 shipping and handling per music box. IL residents add state sales tax. Pending credit approval. Offer valid in the U.S. only.

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By David Cavagnaro

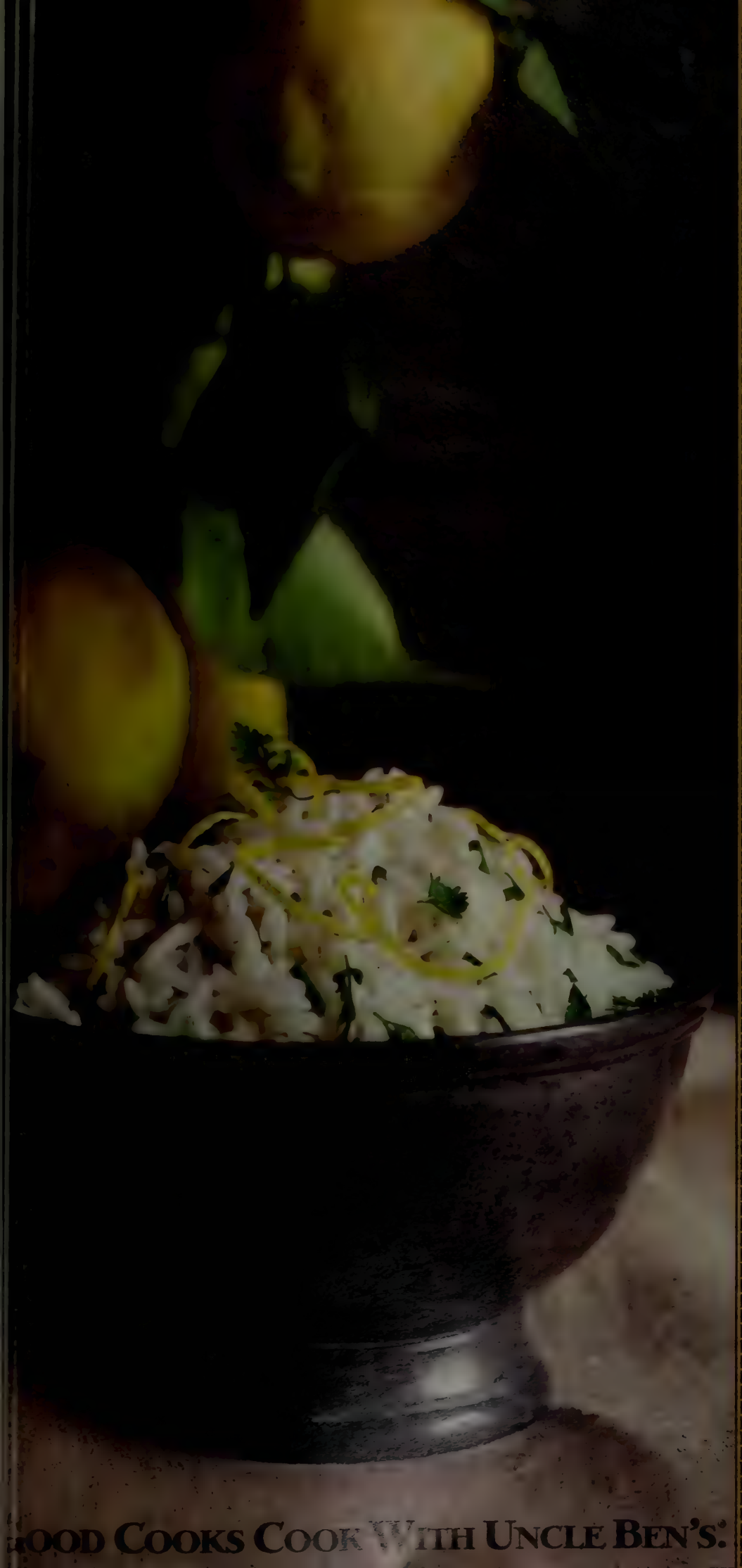
healthy harvest

How to choose what vegetable where

Like all kids growing up, I measured my year by the seasonal holidays celebrated with my family. No less momentous than Christmas or Thanksgiving, however, were the days when we picked the first peas or strawberries in the spring garden, tasted the first vine-ripened tomatoes of summer, savored the first sweet corn, or harvested ripe butternut squash for the winter larder.

Lest you think such pleasures belong only to farm kids, I grew up in the suburbs where a tiny backyard produced all the vegetables our family

continued on page 142



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continued from page 140

could eat, and then some. No matter what the size of your garden, working the soil and nurturing plants are joyful therapy. Vegetable gardening provides the added benefits of healthful food with superlative flavor and the satisfaction of a certain degree of self-sufficiency.

Choosing the right varieties for your local conditions, making good soil, and mulching are three essential but easy steps toward producing bounteous harvests.





Space-saving winter squash Burpee's Butterbush (*above*) combines the famous quality of Butternut with a remarkably early 75-day maturity time. All butternuts have the added advantage of being immune to the squash vine borer. Backyard vegetable growers rank Celebrity (*above right*) as one of the most productive, disease-resistant, and regionally adaptable tomato varieties.

choosing varieties:

Successful vegetable gardening begins with selection of varieties that best match your own growing conditions. First, carefully study catalog descriptions for information about maturity time, climatic tolerances, and disease resistance.

The number of frost-free days in your growing season, the extremes of both day- and night-time temperatures, and the amount of summer rain and humidity all affect which varieties are likely to do best in your area. "Days to maturity" in catalog descriptions helps you calculate a proper fit within constraints of spring and fall frosts. Short-season areas could also use quick-maturing corn or tomatoes, for instance, to get a jump-start on the season.

Look for weather tolerance information in descriptions, and patron-

continued on page 144



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SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

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healthy harvest

continued from page 142



Park's Hybrid Bush Whopper II cucumber (1) is resistant to scab, angular leaf spot, anthracnose, mosaic virus, and downy and powdery mildew. Burpee Hybrid II (2) resists mosaic virus and both mildews. Goldcrop Wax beans (3) also are highly disease-resistant. Florence (4), a bush bean that stands up to hot weather, is resistant to anthracnose, common mosaic virus, and white mold.

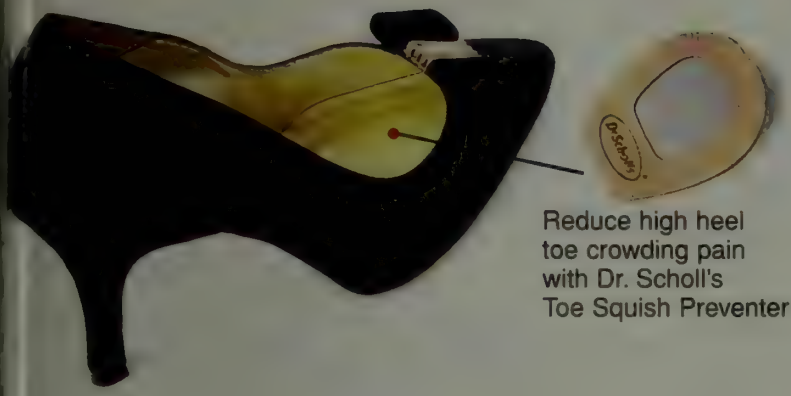
ize regional seed companies that specialize in varieties tested for success in your area. Varieties specifically bred for climatic extremes especially may not perform well beyond those conditions.

Viral, bacterial, or fungal diseases may present the most severe challenge to growing vegetables whether you live in a cool northern, damp coastal, or hot humid climate. In general, dry climates foster the least plant disease, cool damp climates more, and hot humid climates the most. While most seed catalogs praise the virtues of disease-resistant hybrids, creating the impression that you can't get along without them, many nonhybrids are also widely adapted and relatively trouble-free. Still, determining disease problems in your specific area is a variety-by-variety process. Talk to neighboring gardeners, seek out knowledgeable nurserymen and garden shop owners, and visit with growers who sell good-looking produce at local farmers markets for information about local crop diseases and varieties that have proven resistant to them. And don't be afraid to experiment with different varieties yourself.

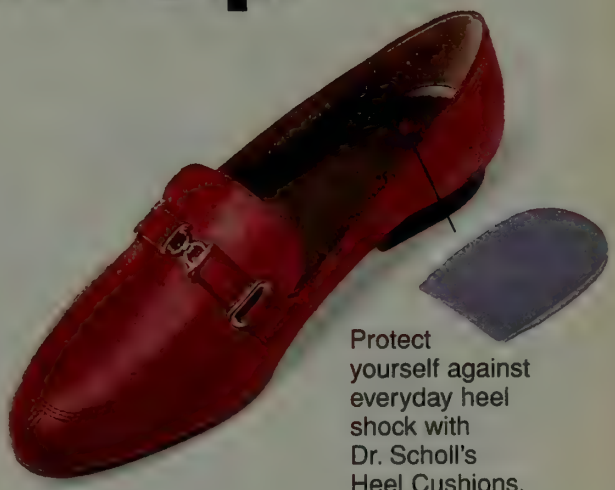
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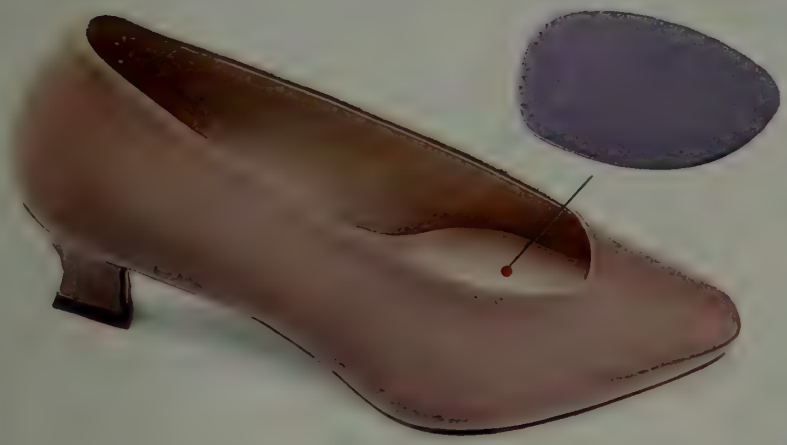
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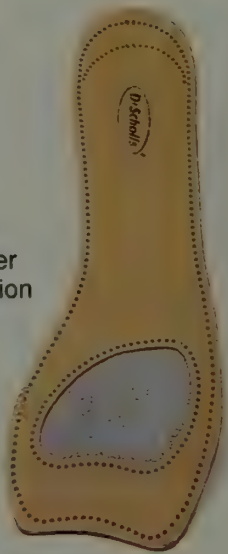
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healthy harvest

continued from page 144



Although watermelons are native to Africa, one of the earliest heirloom varieties collected by members of the Seed Savers Exchange is Moon and Stars, grown by southeastern American Indians.



Some of the best heirloom varieties are regional, while others seem to perform well nearly everywhere. Brandywine, a big pink beefsteak, is one of the most consistently popular tomatoes for both flavor and wide adaptability.

Heirloom vegetables are proven performers from ages gone by. Devotees know them to be diverse and delicious.

heirlooms: Many wonderful old varieties, those "Grandma used to grow," have been passed down for generations as family favorites. These heirloom vegetables are open-pollinated varieties—nonhybrids, those from which you can save your own seed. Since many are centuries old, they have clearly been proven successful and are often widely adapted. A growing number of gardeners have become devotees of the flavor and diversity found among heirlooms. The Seed Savers Exchange, for example, a nationwide network of gardeners, has collected and made available more than 15,000 old-time varieties from around the world, twice the number of nonhybrids sold by all seed companies in North America combined. All commercial nonhybrids and their sources, including many seed companies specializing in heirlooms, are listed in the group's resource book, *The Garden Seed Inventory.*

continued on page 148

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Joan Embery Knows Something You Don't About Your Yard.

Since 1983, many zoo horticulturists have used Roundup just like you would — weeding along pathways, sidewalks and driveways, and to weed exhibit areas. Why? Because it's the general weed killer many zoos feel comfortable using around animals.

"Roundup is one of those unique products that only does what its supposed to do — get rid of weeds. It just affects the plants it's sprayed on," commented Joan Embery, well-known animal advocate and Goodwill Ambassador for the San Diego Zoo.



Joan Embery
San Diego Zoo/San Diego Wild Animal Park

"I use Roundup all over my ranch, especially in larger areas, and around our buildings and animal houses. It works on plants — and doesn't harm my animals."

Roundup is the primary weed and grass killer used by American Zoo and Aquarium Association (AZA) member institutions, representing accredited zoos and aquariums across North America. Because it does such a good job getting rid of weeds in fragile animal areas, Roundup has expanded its efforts to combat invasive weeds in large-scale ecosystems, such as the Galapagos Islands.

How Does It Work?
Roundup works from the inside out by preventing production of certain proteins, special only to plants, which are needed for growth. Any Roundup not taken up by the sprayed plant quickly binds to soil and breaks down into natural materials. Roundup has also gone through extensive tests that conclude it will not move in or on the soil to affect nearby plants.

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healthy harvest

continued from page 146

compost: An old-timer once told me the best insecticide is manure. Puzzled at first by what he meant, I, too, now know from experience that the best defense against insects is a healthy fertile soil, since pests tend to attack stressed, malnourished plants first.

Soil is vibrantly alive with bacteria, microorganisms, and earthworms. The best way to enhance its texture, water-holding capacity, nutrient content, and population of beneficial critters is to add plenty of organic matter in the form of aged compost and, if available, manure. Composting trimmings and other woody material works best with the help of a small garden chipper. Covering a moist compost pile with black plastic is an easy way to control odor, absorb the sun's decay-enhancing heat, and shed rain that would leach out valuable nutrients.



Spreading and turning well-aged compost into the soil is the key to organic maintenance of soil fertility. Building humus content in the soil also improves its capacity to hold water.

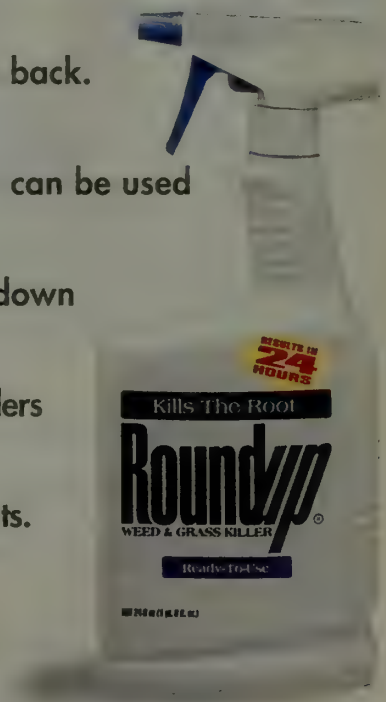
Backyard composting makes maximum use of kitchen scraps, leaves, lawn clippings, weeds, and other garden waste.

continued on page 150

This is the part of the weed you can see. And if you're using Spectracide, or something else, then it's also the only part of the weed they want you to know about. Because they want you to believe they're effective by making *this* part of tough weeds look dead. Unfortunately, what you see is all you get. In reality, they just make the tops turn brown and leave a healthy root completely intact. And as long as there's a root, that same weed will keep coming back. Again and again. Forever.

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healthy harvest

continued from page 148

amendments and mulch: The Big Three elements required for healthy plant development are nitrogen, for lush vegetative growth; potassium, for vigor and disease-resistance; and phosphorus, for good root growth. Some soils, especially if newly cultivated, may require amendments in addition to compost. A variety of organic, mineral, and inorganic fertilizers ranked by the ratio of these three nutrients are commercially available. The nature of your crops will help guide your choice: high nitrogen for lush, leafy vegetables such as corn, lettuce, and broccoli; high phosphorus for root crops; low nitrogen for tomatoes. Sometimes the acidity of a soil needs correcting. Lime is added to balance acid soils; for neutral or alkaline soils, gypsum is used.

For effective weed control and water retention, mulch the soil surface. Any organic material will do: compost, aged manure, leaves, grass clippings, clean straw, even newspapers. When using high-fiber mulches, especially sawdust or bark chips, a heavier dose of nitrogen will be required for their decay in the soil.



The thin rocky soil in this dry California hillside garden was dramatically improved by "double-digging" raised beds. This is also an effective technique for dealing with heavy, waterlogged soils in wet climates. Each spade row is dug out two spades deep, compost is added, and then the row is filled with loosened soil from the next row. This process is repeated on down the length of the bed.



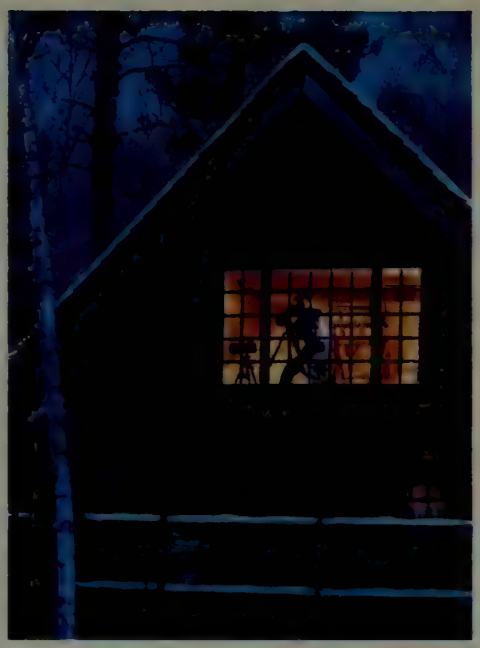
Building small terraces and wells for flood irrigating is a more efficient way of watering beds than wasteful sprinkling. Drip irrigation systems use even less water.

What kind of mulch should you use? Just about any organic material you can lay your hands on: manure, leaves, grass, even newspaper.



Adding aged compost as a top-dressing is an excellent way to increase soil fertility in already-established beds. Here, one-year-old strawberry plants are being side-dressed with compost to boost their first crop.

continued on page 152



HOW JIM BRANDENBURG LOOKS AT THE WORLD.

At his home near the Canadian border in northern Minnesota, award-winning nature photographer Jim Brandenburg photographs wolves right from his window. What kind of windows give him the wide, expansive views he needs yet are still tight enough to seal out the bitter cold and strong, winter winds? Jim Brandenburg has Marvin windows. To learn more about the windows that are as efficient as they are beautiful, call 1-800-346-5128 (1-800-263-6161 in Canada) or mail the coupon for a free brochure.



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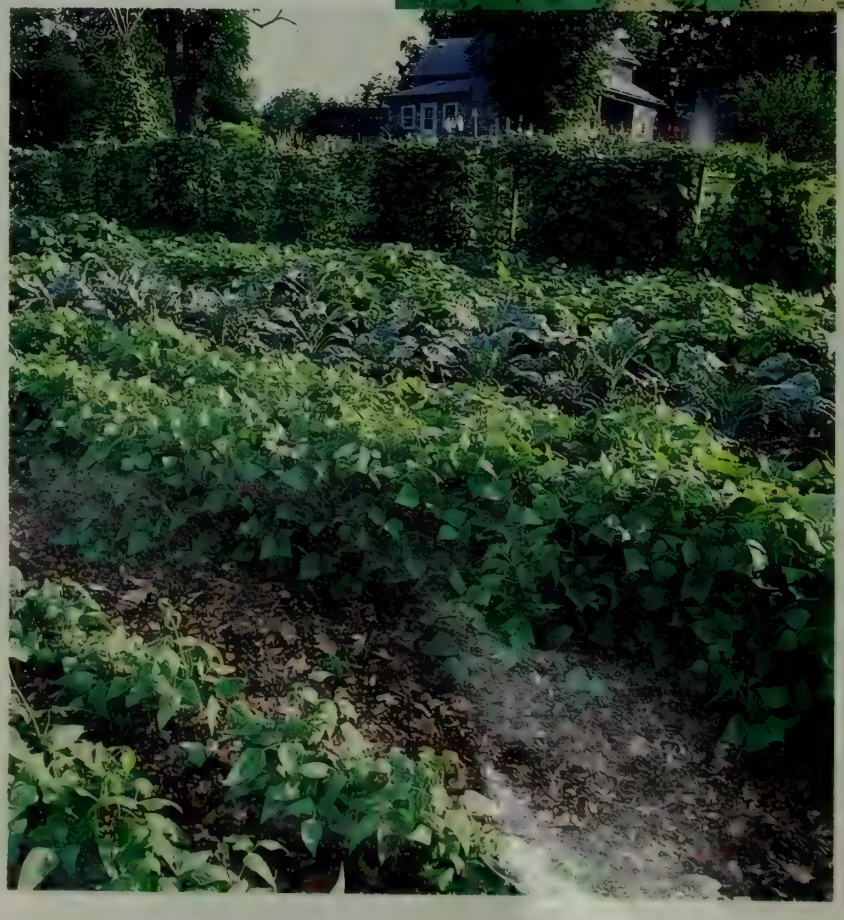
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healthy harvest

continued from page 151



Mulching with grass clippings (*right*) or shredded leaves (*below*) helps conserve soil moisture in dry climates. Where summers are wet, mulch prevents soil compaction and erosion from heavy rains, it provides essential weed control, and it greatly reduces blights and other splash-borne plant diseases. Mulch also feeds earthworms, which aerate the soil and convert the mulch into slow-release organic fertilizer all summer long.



Growing vegetables is an act of co-creation with nature. You'll find there is little room in this relationship for garden gurus.

Lima beans, bush beans, purple cauliflower, and pole beans march up and down the rows of a well-mulched Iowa garden (*left*). Mulching combats dry beans' tendency to rot by eliminating the beans' contact with bare soil. It also suppresses weeds and provides tidy paths.

continued on page 154

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Education: The Key to Good Auto Service

Research conducted by Snap-on Incorporated shows that many women are uncomfortable taking their cars in for service or repair, but automotive technicians say they shouldn't be.

"The reality is that today's cars are so technologically advanced that all consumers, regardless of gender, have difficulty understanding their vehicles," said Jim Piehl, master technician, Snap-on Incorporated.

Snap-on's research also showed that technicians feel women are more open than men to learning about their cars and the service needed to keep them running in peak condition. And, according to Piehl, becoming an educated consumer is the best way to ensure good service.



For example, Piehl recommends trying to answer the following questions before taking your car in for service:

What are the symptoms?
Engine stalls, high-idle, jumps/jerks, etc.

When or where does it occur?
Starting, braking, uphill, etc.

What were the environmental conditions?
Air temp cold/hot, engine temp cold/hot, raining, snowing, etc.

How often does the problem occur?
Continuous, few seconds, every one mile, no pattern, etc.

Were there any driver alert indications or malfunction indicator lights illuminated?

"By providing your technician with as much information as possible, you will help to determine next steps, eliminate unnecessary checks and be a more prepared and confident consumer," said Piehl.

Snap-on

healthy harvest

continued from page 152



the last word: Growing vegetables is an act of co-creation with nature. Thanks to the efforts of farmers and gardeners throughout agricultural history, we are blessed with a wealth of delicious varieties to choose from and a rich legacy of information to guide us. Today, garden gurus abound, advocating either organic or chemical methods, double-digging or raised beds, tilling versus no-till. Tilling, for example, helps control weeds and aerates the soil, but it may also damage soil texture and soil organisms. No-till methods save labor and most closely mimic nature, but undisturbed mulch may also harbor increased pest populations.

There is no One Truth in gardening. We are each unique, as are our gardens. The greatest satisfaction, and often the best results, come from our own keen observations, experimentation, and artistry as we work harmoniously with all the ingredients on nature's local palette.

In gardening, there is no One Truth, no One Size Fits All. You do what works best for you. There are many side roads on the garden path to success.

continued on page 15

To her parents he was nothing but a HOT RODDER

Her parents just couldn't understand his infatuation with cars, much less hers with him. • But that was before tech school, mechanic and finally, master mechanic. • Now they don't understand how he manages to go through more than a hundred hours of training each year to keep up with everything from on-board computers to ABS brakes. And more than 200 new models introduced each year. • But that's okay. She does. It takes a lot to be an auto technician. To find the best, look for Snap-on® tools and equipment.



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How to enter: Send a photo showing how your family enjoys your home's garden – planting...playing...partying...whatever is most enjoyable to all of you! Have fun! Be creative!

Send to: Chlor•Trimeton Family Garden Photo Contest, BH&G Mktg., 125 Park Ave., NY, NY 10017

Rules: 1. No purchase necessary. 2. Print your name, address, and phone number on a 3"x5" card and submit with your entry. Include a photograph that captures your family enjoying your home's garden. Photo may be either color or black and white; maximum size is 5"x7". Entries will be judged by a qualified panel of judges based on originality and clarity. Decisions of the judges are final. Entries must be the original creation of the entrant; may not have been published previously and/or cannot have won prizes or awards in other contests; must not be restricted in any way, must not infringe on any third party rights. Limit one entry per envelope. No prize substitutions. Prize is non-transferable. Entries become property of sponsor and will not be returned. No mechanical reproductions. Limit one entry per family or household. 3. Sponsor reserves the right to modify, edit, adapt, publish and/or use entry in any way, in all media without limitation and without consideration or payment to the entrant. Sponsor is not responsible for lost, late, mutilated, incomplete, misdirected, illegible, indiscernible or postage due entries or mail. In event of a tie, tied entrant must participate in a tie-breaker based on skill. Wise. residents: in event of a tie, duplicate prizes will be awarded. Any persons pictured in photo must sign an appropriate release. 4. One First Prize Winner will receive four round-trip coach airline tickets from gateway city airport nearest their home to Orlando, three nights lodging, four two-day passes to Disney World and $500 cash for expenses ($2,700 estimated retail value). Airline tickets subject to availability, 21 day advance notice and may require a Saturday night stay. Trip must be taken by June 15, 1997. Ten Second Prize winners will receive Better Homes and Gardens® Complete Guide to Gardening book/CD package plus Chlor•Trimeton products. ($110 estimated retail value) Twenty-five Third Prize winners will receive a set of four Better Homes and Gardens gardening books plus Chlor•Trimeton products. ($106 estimated retail value) 5. Winners required to sign and return a Release of Liability, Affidavit of Eligibility and Assignment within 10 days of notification. Travel companions must sign a Release of Liability within 10 days of notification. Failure to comply with these conditions will result in forfeiture of prize and alternate winner will be selected. Except where prohibited, by accepting prize, winner consents to the use of his/her name, photo, hometown and/or likeness for advertising and promotional purposes without additional compensation. Entry submission further constitutes the entrant's consent to irrevocably assign and transfer to the sponsor any and all rights, title and interest in the photo including, without limitation, all copyrights. 6. Entries must be received by June 15, 1996. 7. Open to all U.S. residents 18 years and older. Employees of Schering-Plough and Meredith Corp. and their subsidiaries, affiliates, sales representatives, distributors, retailers, agents and immediate families of each are not eligible. Winners will be selected on or about July 1, 1996 and notified by mail on or before July 15, 1996. For a list of winners, send a SASE to Chlor•Trimeton Winners List, BH&G Marketing Services, 125 Park Ave., NY, NY 10017 by July 1, 1996. Subject to all federal, state and local laws and regulations. Void where prohibited. Taxes on prizes are the sole responsibility of winner.



healthy harvest

continued from page 154



Heirloom vegetables still are quite at home in the present-day kitchen garden.

RESOURCES:

- To learn about joining the Seed Savers Exchange, send $1 to 3076 N. Winn Rd., Decorah, IA 52101.
- Burpee Co., 300 Park Ave., Warminster, PA 18974. 800/888-1447. Free catalog.
- Park Seed Co., P.O. Box 46, Highway 254 N., Greenwood, SC 29648-0046. 803/223-7333. Free catalog.

Heirloom seeds are also available from:

- The Cook's Garden, P.O. Box 535, Moffits Bridge, Londonderry, VT 05148. 802/824-3400. Catalog, $1.
- Shepherd's Garden Seeds, 6116 Highway 9, Felton, CA 95018. 408/482-6910. Catalog, $1.
- Totally Tomatoes, P.O. Box 1626, Augusta, GA 30903. 803/663-0016. Free catalog.



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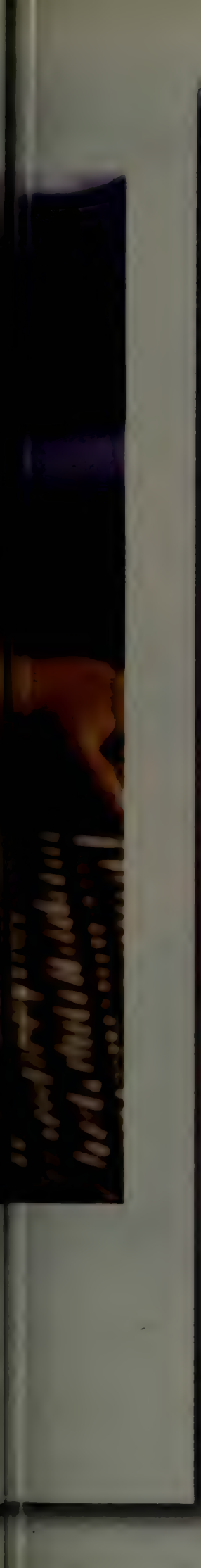
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6:45 am.

Dad?

Yes Sean.

Are you going on another trip for work?

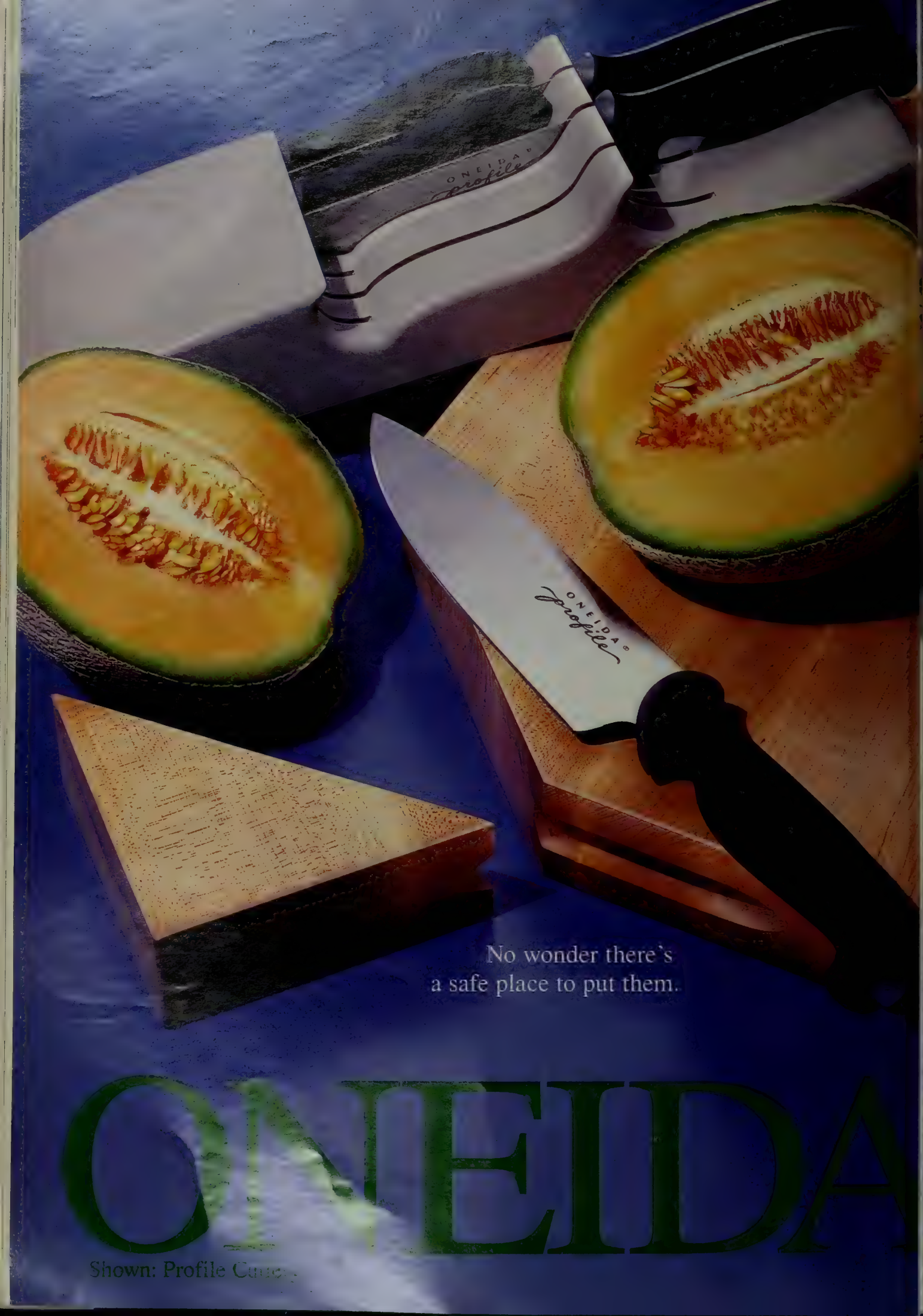
Yes Sean.

Um. could you take me?

Sorry Sean I can't.

But if you could would you?

Polaroid *See what develops.*



No wonder there's
a safe place to put them.

ONEIDA

Shown: Profile Cutl

by Craig Summers Black



container GARDENING

These days, potted plants can go anywhere and do anything



Just as potted plants are no longer relegated indoors, garden pots are no longer destined only for sunny spots. You can select container plants for shade—or even fragrance or greenery—as Lucy Hardiman will show you.

container for shade







Variegated foliage reflects light, making shady areas seem lighter and brighter.



1. Start with a large container. Lucy Hardiman recommends using pots bigger than 12 inches in diameter and at least 10 inches deep for root growth. Put broken pot shards over drainage holes, fill halfway with potting soil, tamp down, and sprinkle with slow-release fertilizer.

2. If roots feel dry, soak them in a bucket. Here, a heliotrope takes the plunge. In the ready: moneywort, New Guinea impatiens, browallia, lamium, begonia.

3. Place the biggest plant in the container first; in this case, it's a Sundance hosta. Lucy settles it off to one side for an asymmetrical look.

4. Then position the rest of the plants before deciding upon their final placement. "Doing containers is all about cramming and jamming," Lucy says. "The secret to full containers is using more plants than anyone would think they need. That's how you get lush containers." Fill around the plants with soil and tamp.



The purple heliotrope goes in back for height and balance. The large fuchsia, trimmed a bit, joins it. The grasslike sedge and creepers spill over the front. If you think it looks bare now, wait a few weeks.

A bronze dracaena gives height and dimension to a dramatic arrangement of sun worshipers, including lantana, verbena, dianthus, helichrysum, portulaca, bachelor's button, and a rose-colored geranium.



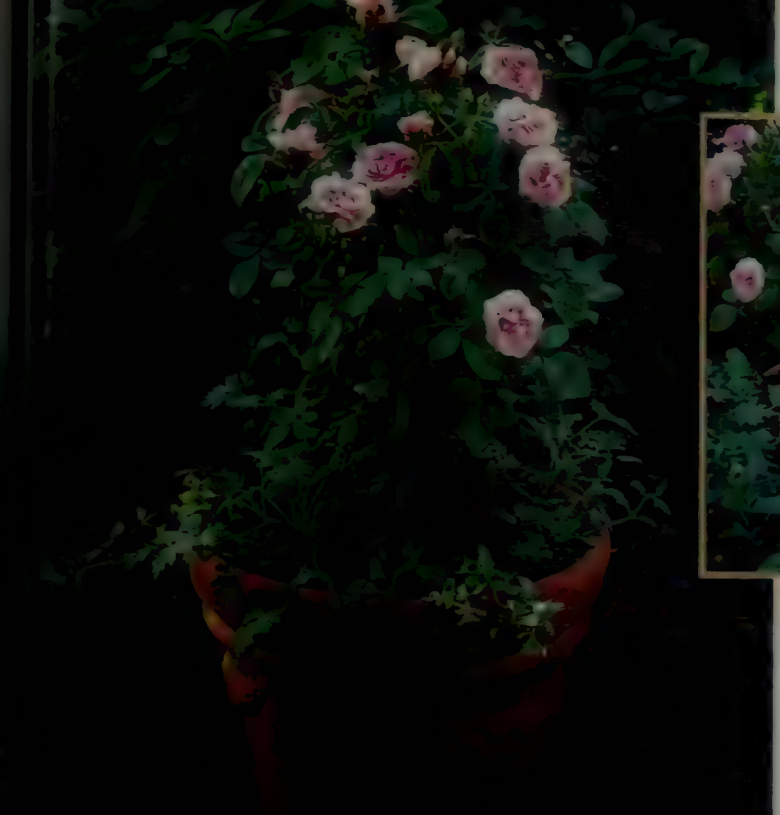


1 A COMMON PROBLEM...

The nursery left this bidens to grow in the pot too long, and it has become rootbound.

2 ...AND HOW TO FIX IT

To resuscitate a rootbound plant, Lucy "grooms" it, gently pulling the roots away from the plant and then carefully combing them out with her fingers.





FRAGRANCE
A Gertrude Jekyll shrub rose dominates a pot of pineapple mint, scented geranium, and heliotrope.

A shrub can feel as at home in a pot as does any smaller flowering plant. If it is the small size of your yard that mandates the use of container plantings, a fragrant shrub (*left*) makes it feel more like a real garden. "People are too afraid about what they can grow in pots," Lucy says. "Anything you can grow in the garden you can grow in containers. And fragrance is such an important element in the garden."

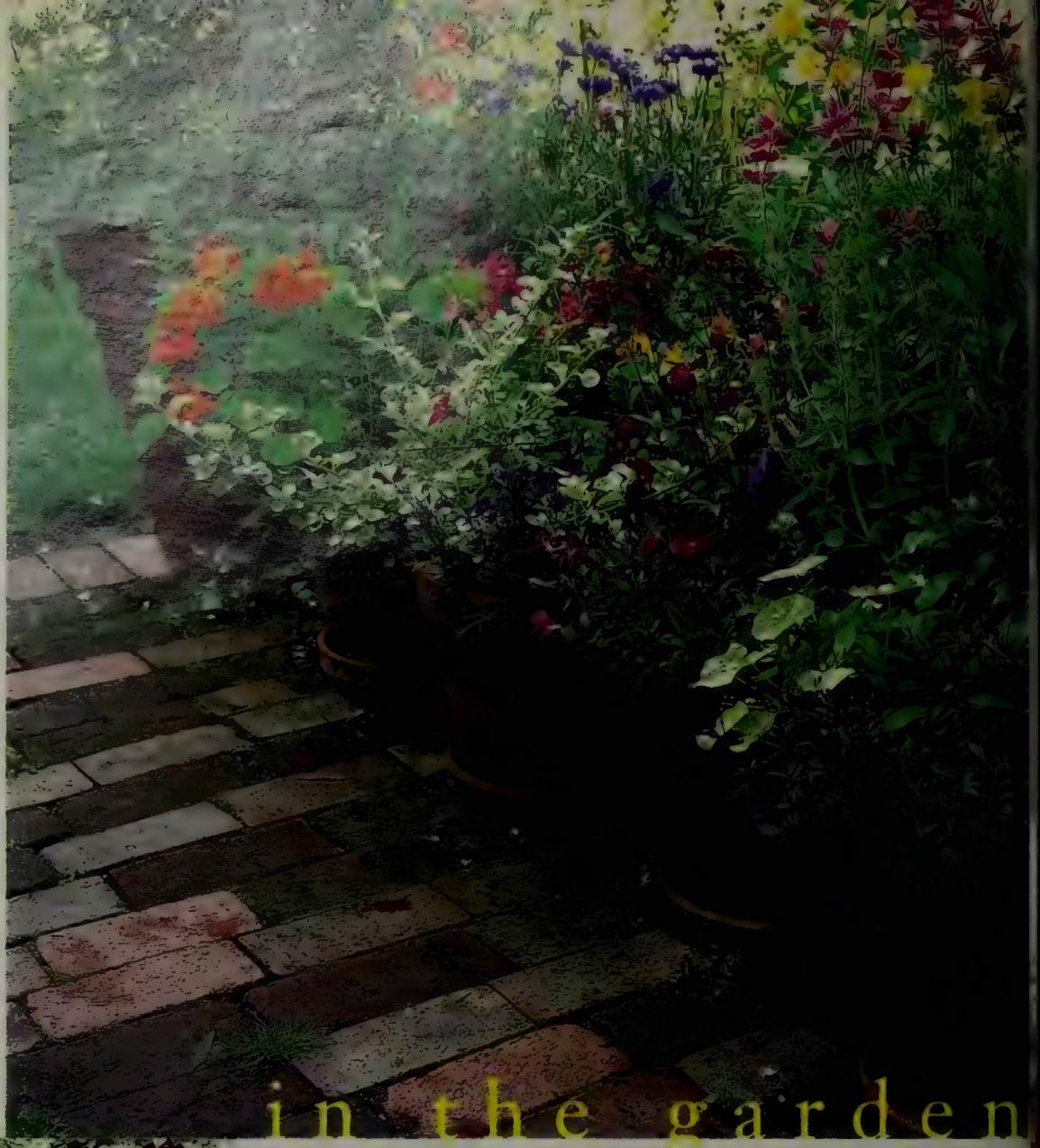
accent containers



EVERGREEN
A sheared boxwood provides year-round interest. The variegated ivy, too, is evergreen, and the diascia gives summer color.



Let us not forget that green is a color, too. And that we needn't write off the garden in winter. Lucy's never-say-die evergreen container (*right*) goes one step further: It is equally at home in sun or part shade. The boxwood and the ivy are mainstays; she plants diascia for a sunny pot or substitutes impatiens in the shade. Yet another attribute: "This look is something elegant and timeless that goes with all sorts of architectural styles because it is very classic and simple."



Definition

For gardeners with urban plots, container gardening may be the only option. But for gardens of any size, pots or groupings of pots can be design elements. This small bricked space (*right*) becomes a garden "room" when lined with several free-flowering containers.

Transition

Potted plants also can ease you along the garden path. The transition between door and yard, and the space between steps and massive wall (*below*), are softened by this vibrant lineup.

in the garden



Landscaping with potted gardens

Lucy, a Portland, Oregon, garden designer, is so enamored of container gardening that she has 25 large pots artfully arranged about her deck—and 50 more out in the yard. "You can take a group of containers that would be lost by themselves but together as a group have a feel or style," she says. "They help delineate space, form parameters, and provide focal points. They can be vertical growth on a deck and even barriers you can see through."


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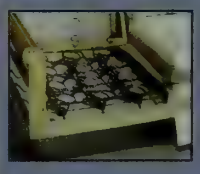
ABOVE: A fresh interpretation of the classic camel back design, the Sofa, $899–$999;* and Loveseat, $849–$949;* come with a medley of eclectic pillows. The sofa offers numerous decorating possibilities with its five complementary pillows including two with reversible flaps for additional versatility. Both sofa and loveseat feature rolled arms and deep seating to provide hours of curl-up comfort. Dropleaf Cocktail Table, $300. Dropleaf End Table, $275, with drawer. Corner Unit, $350. Door Unit, $650, with drawer and five shelves. Entertainment Unit, $1215, holds a 27" TV and includes two VCR boxes, two shelves, three drawers, and pocket doors. Open Unit, $425.

PRECEDING PAGE: Pencil Post Bed, $640;** Wooden Canopy Frame;** $125. Bed Steps, $125. Door Chest, $815. Three-drawer Night Stand, $275.
ABOVE RIGHT: Triple Dresser, $840. Shaped Landscape Mirror, $215.

**Upholstered pieces are also a... in other fabrics. Prices vary according to fabric selection. Pillows included in price of sofa.*

***Queen size bed shown. King ava... also available.*

The Broyhill Differen



Double-cone coils deli... additional spring actio... upholstered furniture ... and are part of the reas... why Broyhill furniture ... its reputation for dura...

Chair bottoms are constructed with four corner blocks and are then securely fastened with both glue and wood screws to guarantee structural durability.



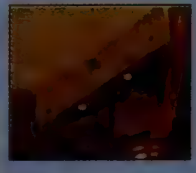
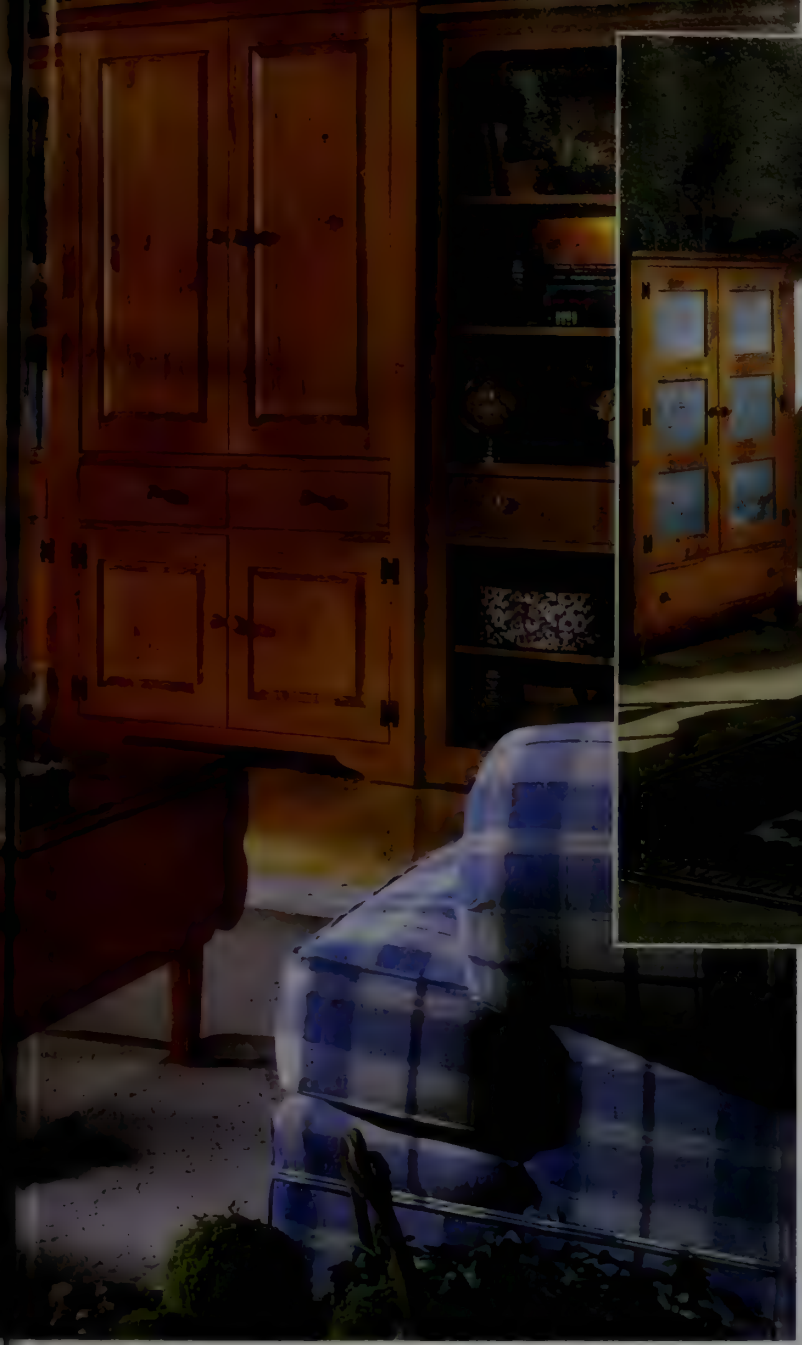


Table legs are bolted, gl... and further supported ... corner bracing to ensur... greater stability and increased strength.



ABOVE: The lighted China, $1375, is designed with an open area for serving and display. Five drawers and two doors provide storage for dishes and serving pieces. Harvest Leg Table, $575, extends up to 84", Ladderback Arm Chairs, $200 each. Side Chairs, $175 each. The Pie Safe Cupboard, $725, is charming anywhere, from dining room to bath (it's not just for kitchens anymore).



ABOVE: Entertainment Armoire, $940, holds all 27" TVs (and most 32" TVs), VCR and assorted entertainment components.

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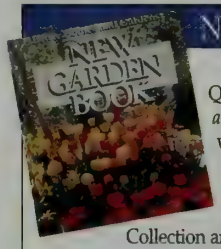
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When is a sofa more than a sofa? When it's also a recliner. Sofa, $999–$1099,* with rich plaid cover, offers double the comfort, because it fully reclines on either end. Coordinating Wallsaver Recliner, $599–$649,* with trim lines and space-saving comfort. Three-drawer Chairside Chest, $300. Cocktail Table, $265. Commode End Table, $265. Entertainment Center, $990, with glass door and three drawers, is perfect for video tape or CD storage and includes five shelves and pocket doors that recess to accommodate a 27" TV. Below, a specially designed compartment allows space for a VCR.

**Upholstered pieces are also available in other fabrics. Prices vary according to fabric selection and style. Loveseat available.*





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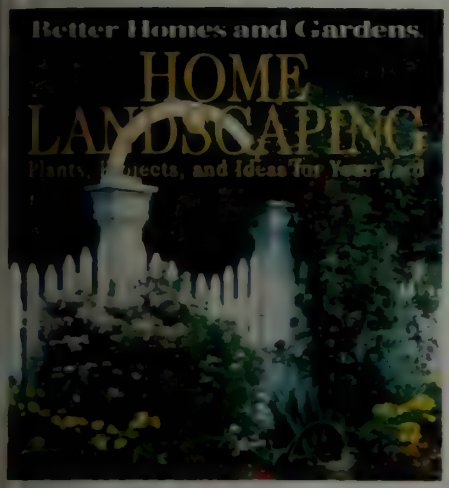
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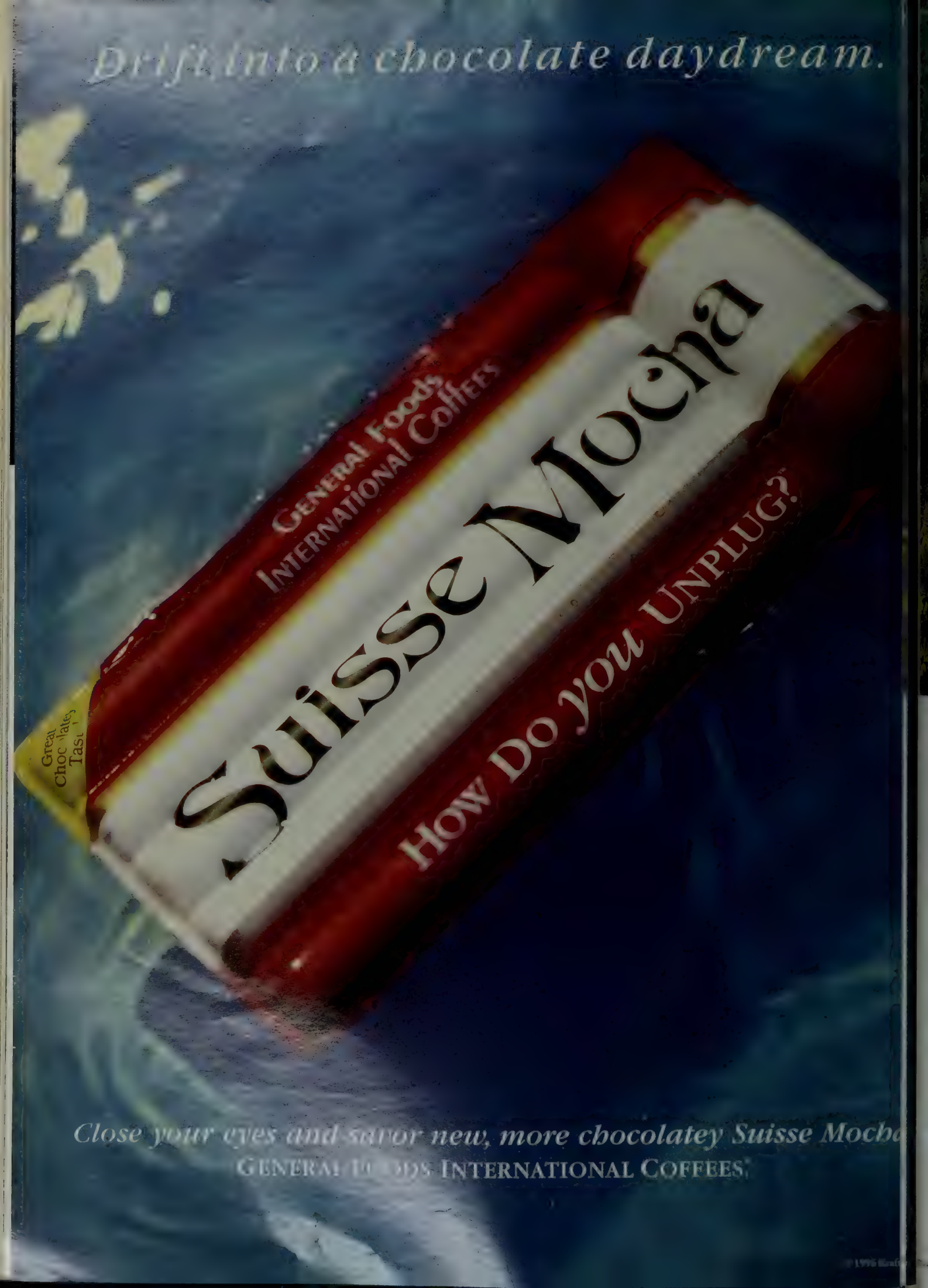
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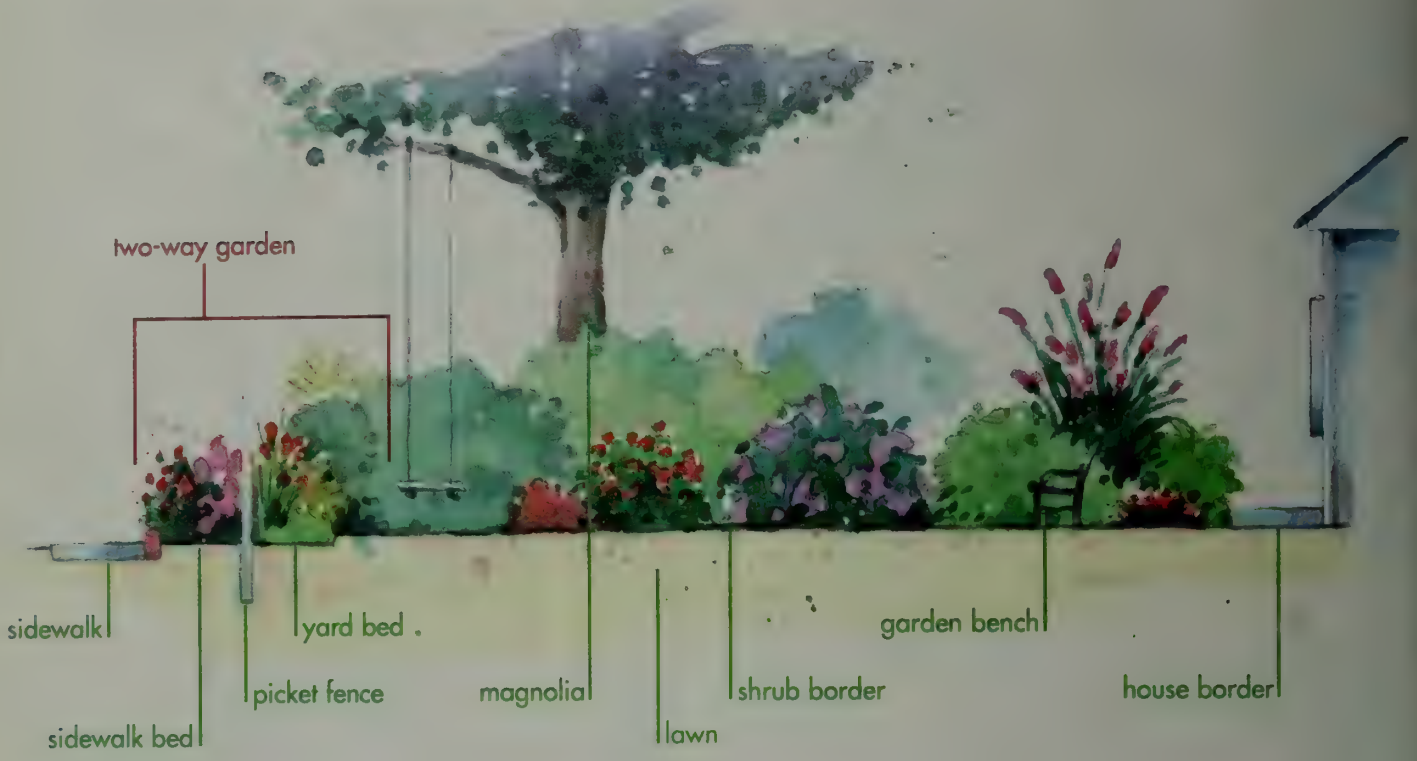
the two-way front yard

A garden by the sidewalk yields privacy and gorgeous views from the yard and street

by Craig Summers Black and Mark Kane

A new style of American garden is reclaiming that ever-present—but forlorn—expanse of sod known as the front yard. Looking at gardens around the country, we've found that a few savvy groundbreakers are plopping down a gorgeous patch of color out near the sidewalk so they can use their front yard more like a backyard. This creates privacy enough to place a comfortable chair, fashion a playground, even tuck in a vegetable garden. Now the yard has two faces: One for the neighborhood. One for you.

the two-way front yard



neighborly privacy: This Atlanta front yard seems quiet and secluded even though the homeowner did not erect a tall barrier between him and his neighbors. And that's what a two-way front yard is all about. It's private, but it's friendly. You can spend time in it without feeling on display.

A two-way front yard gives a garden view to your neighbors, and it provides curb appeal as well. It gives you a garden view, too, both from within your yard and from within your house. Beyond that, a two-way front yard seems to gently push the street farther from the house, and even filter the noise, grime, and intrusion of passing traffic.

Simply design a border garden—whether aided by a fence or not—that slowly ascends to about four feet and then descends. You should be able to peer over a two-way garden rather easily, but you shouldn't be able to step over it. Shrubs will help in this regard. And two or three small, spreading trees here and there (try Japanese maples) will help screen the view.

Don't feel you have to regiment this garden up and down the sidewalk. Carve out casual spaces, perhaps echoing contours of your landscape if you are lucky enough to have any. Keep the shape gentle. Soft. Casual. The effect should instill tranquillity as well as privacy.

PHOTOGRAPHS MARY CAROLYN PINDAR REGIONAL CONTRIBUTOR: RUTH L. REITER



Yes, you can put a garden bench in your front yard and not feel like you will be sitting center stage. Homeowners Phil and Nella Colson built a low picket fence along the sidewalk, planted perennials along it, and then tucked in some annuals to achieve this inviting effect. They also hung a swing from an existing magnolia tree for their daughter, Mia. The result: a useful front yard that everyone can enjoy—both the family and their neighbors.

PHOTOGRAPHS: DIXI CARRILLO. REGIONAL CONTRIBUTOR: MIA AMATO



When Edith and Harland Bergstrom moved in to their new home north of San Jose, the curbside landscape consisted of a dreary expanse of green with a few prickly pyracantha serving as hedge. Says Edith, "The front yard was perfectly flat, with a perfectly boring lawn." Heavy equipment was called in to pile up a berm, but, she says, "most of the actual shaping was done with a shovel." Edith did the majority of the planting herself, which camouflages several little paths across the rise.



the two-way front yard

secluded privacy: Sight lines in a two-way front yard can also be obscured by creating and planting berms, those man-made little hillocks. Two provisos here: If you make a berm too small, especially if it lacks emulation of natural contours, it will look exactly like what it is—a pile of dirt dumped in your yard. If you make a berm too big, especially if its plantings hide the house completely, it will look downright unfriendly.

The berm in front of this San Francisco Bay area home rises four to six feet, and the plantings of shrubs and tall perennials add another three or four feet. At its widest, the berm is a startling 20 feet. Surely imposing, but look what that leaves: an airy but hidden front-yard garden replete with antique fountain and a generous expanse of sun-drenched lawn.



the two-way front yard



practical privacy: A steeply sloping front yard, too, can become a two-way garden—the view from on high being all the more rewarding. Terracing can unearth level playing fields, providing usable spaces where before it may not have even been possible to tread.

When Susan Campbell and David Brook bought this Portland, Oregon, bungalow, the front yard had a few evergreen foundation shrubs and—is this starting to sound familiar?—a yawn of a lawn. But not for long. Susan grows vegetables big-time, always has, and her new landscape looked problematic. "The backyard is, first of all, miniscule," she says. "And it also gets almost no sun." Zip: Out came the front-yard lawn. Then she and a landscape consultant drew up a plan for an edible landscape—a mix of ornamental and food plants. "It had to be something more aesthetic than the usual vegetable garden since it would be so prominent," she says.

So down by the sidewalk: low, free-flowering perennials, including daylilies, crocosmia, and bee balm. In the mid-range: buddleia, a free-flowering shrub. And up by the house? Tomatoes!



PHOTOGRAPHS: STEPHEN CRIDLAND. REGIONAL CONTRIBUTOR: CATHY HOWARD

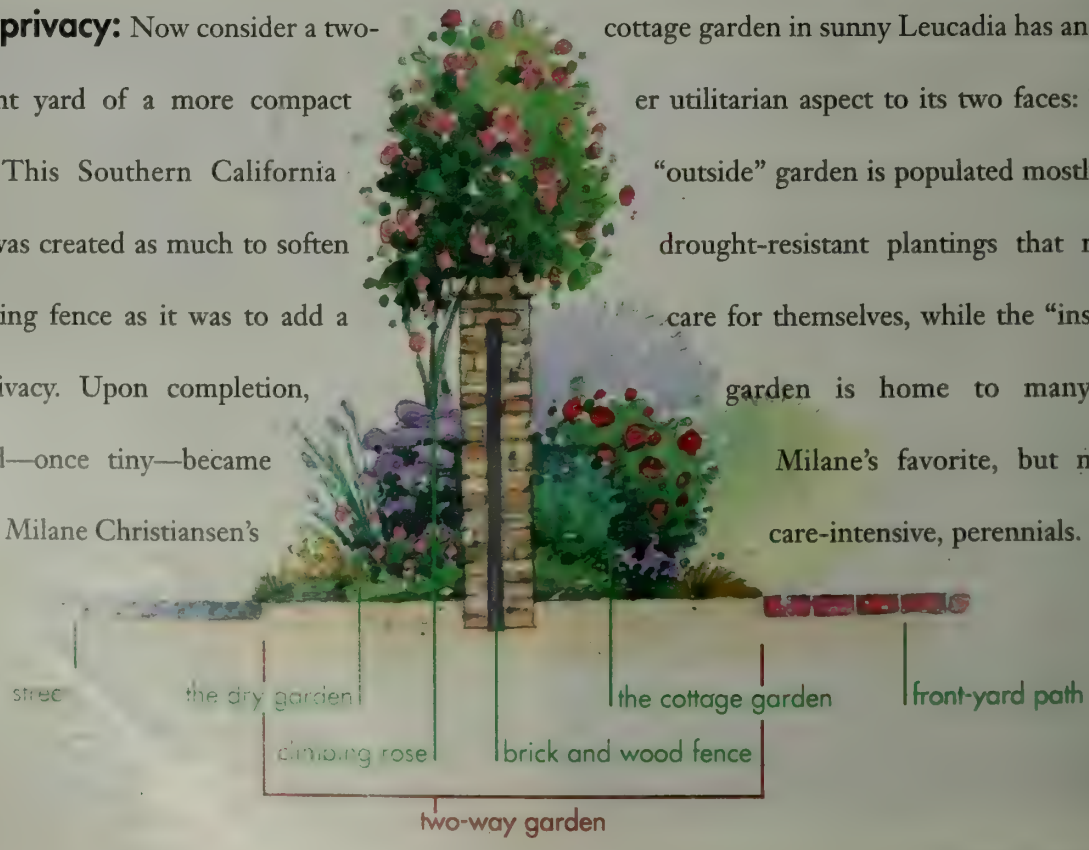
Raised beds divided by bark-dusted pathways form Susan's front-yard vegetable patch. What was once a lawn is now densely planted with tomatoes, asparagus, lettuce, arugula, and beets. "I use lots of perennials around the border at the top of the yard and along the retaining walls for color and form," she says. "The vegetables are placed further inside the garden." Many of the flowers are intended to attract more color, in the form of butterflies, and beneficial insects to assist with veggie care.

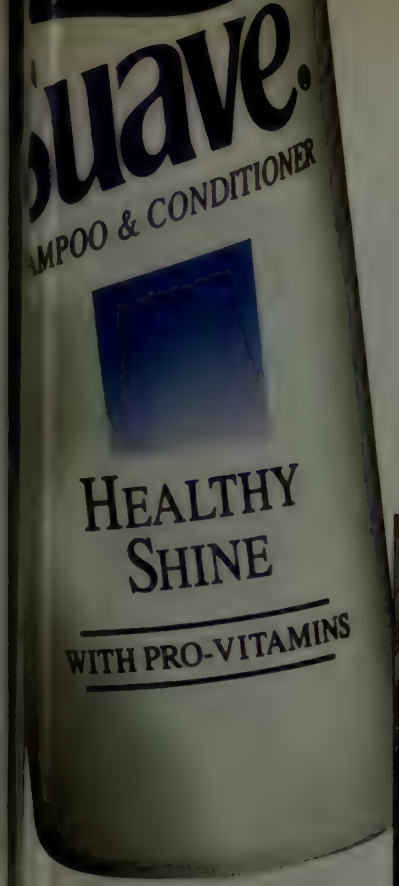
the two-way front yard



PHOTOGRAPH: ED GOHLICH. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY. DESIGNER: LINDA CHISARI

a little privacy: Now consider a two-way front yard of a more compact nature. This Southern California garden was created as much to soften the existing fence as it was to add a little privacy. Upon completion, the yard—once tiny—became *intimate*. Milane Christiansen's cottage garden in sunny Leucadia has another utilitarian aspect to its two faces: The "outside" garden is populated mostly by drought-resistant plantings that must care for themselves, while the "inside" garden is home to many of Milane's favorite, but more care-intensive, perennials.







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the two-way front yard



PHOTOGRAPH: ERNEST BRAUN; REGIONAL CONTRIBUTOR: HELEN HEITKAMP; DESIGNER: EARTHWOODS

privacy in the city: Martha Tracy lives on an urban street in Berkeley, California. Her yard, if you haven't guessed by now, was once just a lawn. Barely a flower in sight. She thought it bleak, especially with all the in-your-face foot traffic. Enter the two-way garden. Martha started with a low wrought-iron fence, one that allows flowers from both sides to spill through. Daylilies and cosmos now straddle the fence, while roses inside teeter over. Also inside: a mini-garden with a foundation planting of New Zealand flax, abutilon, and statice. And for a swath of green (something to stand up to her own foot traffic), did she give in to the temptation to relay a bit of lush, thick, green sod? No, indeed. Now there lies isotoma. Green, to be sure. But it flowers, as well.

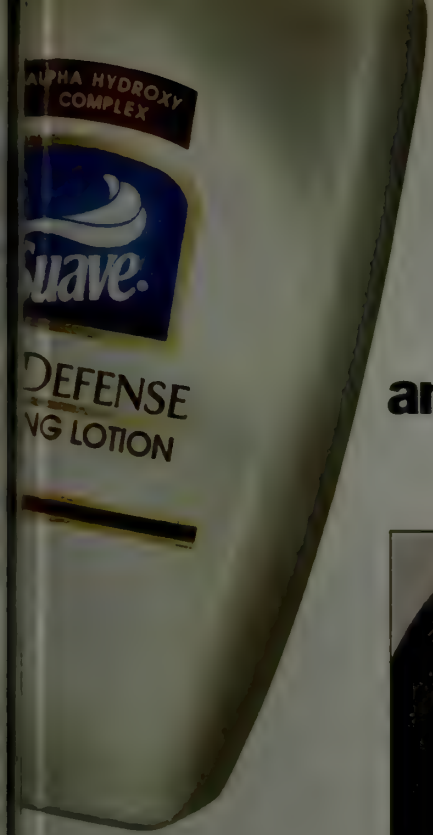
Security fences are, unfortunately, just about a given in any city situation. But a keep-out fence swaddled in a two-way garden appears neither as spiteful nor as fearful as that same fence unclothed. A fence in a two-way front yard is friendly. It is, like its owner, a good neighbor.

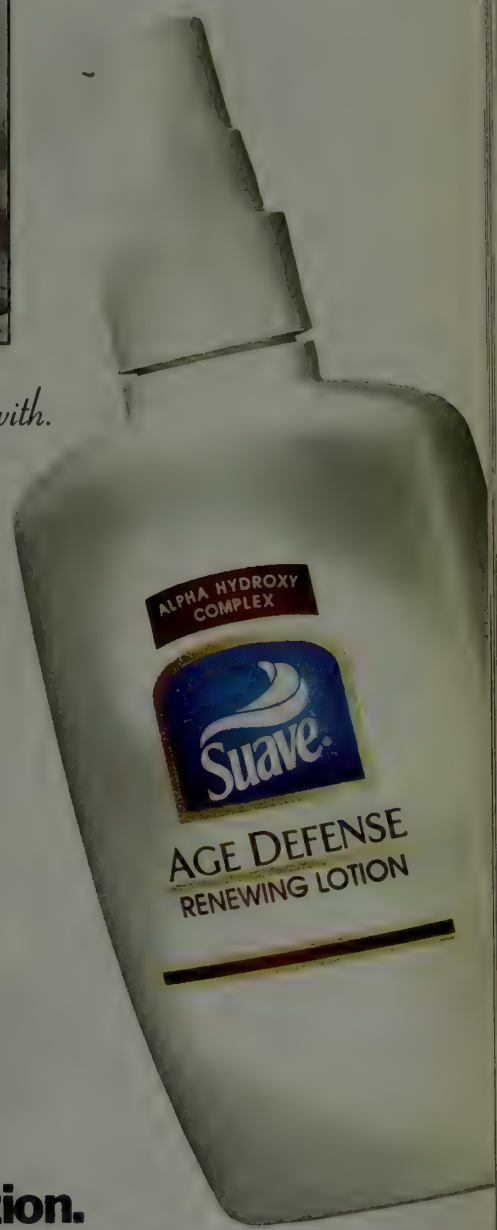
Buying information, page 124

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A place where

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I want to be "Off Duty."

I want to call a "Time Out."

I want a mute button for reality.

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country *in the* 'burbs

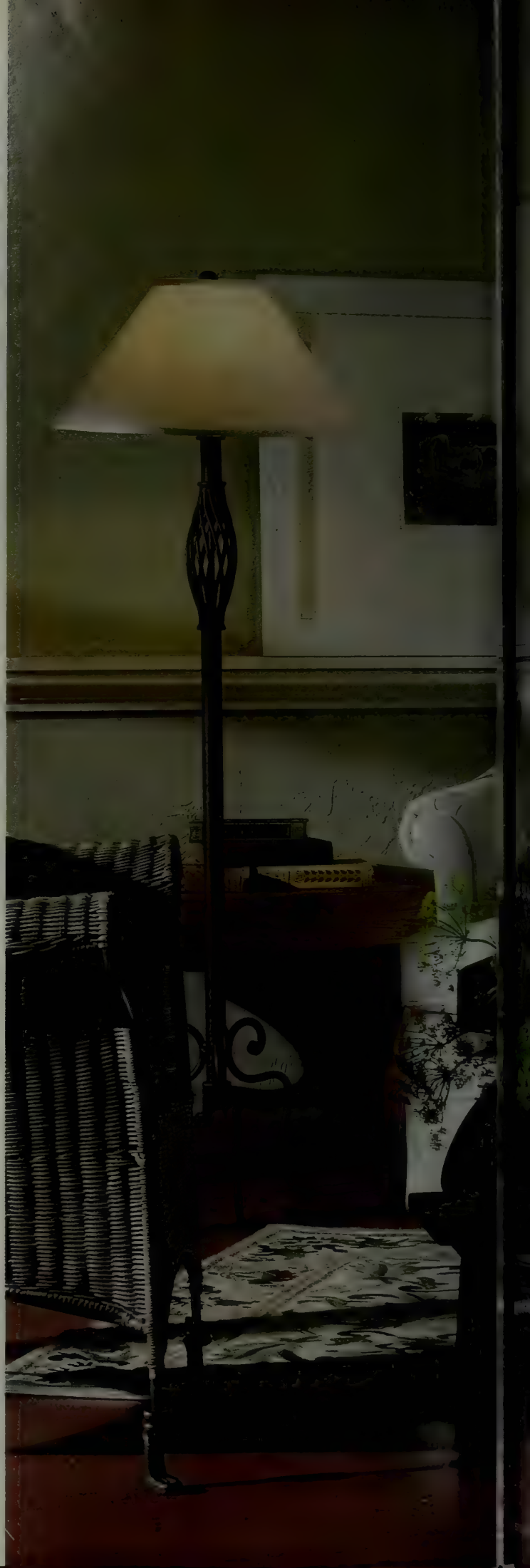
IT'S OK TO BE IN THE FAST LANE on your commute, but your letters tell us that once you're home, you long for a sense of the slower pace of life along a rural lane. Well, come on in! We've created settings that show you how to turn a new suburban home into a country-style oasis. Walk up to this front porch with its friendly rocker atop a checkered straw rug, then let the roar of the freeway fade behind you as you enter....

by DENISE L. CARINGER *and* REBECCA JERDEE



It takes guts to give a suburban home rural character—gutsy accessories, that is. Instead of a clutter of cutesy collectibles, a few bold pieces create a look that's rustic without being corny.

Plain suburban spaces make perfect backdrops for today's clean (and simple-to-create) country style. For an uncluttered start, pare furnishings, accessories, and patterns. Against these mossy-green walls and barn-red floors, a few rural accents show off their surprisingly sculptural lines—and give the room newfound character. Ample pools of white (in the rolled-arm sofa, sheer curtains, and oversized picture mats) contrast brightly with the brown tones of rugged pine benches, a hickory chair, a weathered metal pump and hay tongs, and sepia-tint photos. To break up the boxy room, we angled the sofa, then created display space behind it with a picture rail. See picture rail instructions, *page 198*.





Frame a scenic wall covering with ordinary lumber to transform a bla



into a mellow, almost magical "window" to America's rural past.



Rest your eyes on this rural wallpaper scene, and you'll soon forget that your garage (or, perhaps, the neighbor's house) lies just on the other side. Cheap yet chic, a grid of humble 1×4s frames the mural, adding architectural richness and shadow play to the once-featureless room. To play up the casual country feeling, choose simple wood or wicker chairs. A matched set is fine, but, for a collected-over-time look, why not assemble a friendly mix of chairs? Here, new and old classics, linked by golden tones, gather around a table of timeworn pine. On top, a lush harvest of fruit and greenery is arranged to echo the rise and fall of the landscape beyond. What you don't see: the fresh scent of lavender potpourri and the sounds of a songbird CD to revive your spirit—and slow your pace—after a hard day.



Countrify, countrify! A ho-hum kitchen dining area feels like a backroads cottage w
you add fresh white wainscoting, a shapely new hutch, and a splash of garden colo

As if carved by a rural craftsman, a new hutch marries the charm of Grandma's hand-me-downs with enough scallops and curlicues to counteract boxy new spaces. Painted tomato red, walls aged with old-world stucco silhouette the piece and warm the room no matter what the weather.

Mellow pine shutters add architectural interest to a bland family room as they hide TV gear. Instead of reaching for the ceiling, this storage unit keeps a lower profile to avoid walling up modest spaces. The bonus? Its top can host an artful pyramid of rustic collectibles. For casual seating, wicker and plaid mix without matching.

, plaid, and pastoral green turn a newly built family room into an easygoing spot just
ıt for relaxing. Barn-red accents and airy white trim and curtains keep things lively.



country in the 'burbs

As snug as a vintage B&B, a room like this makes a great escape—*every* night. Sit a spell in an old sewing rocker, then climb into a bed that mimics the gingerbread cottages of a century ago. The finishing touches? Billowy curtains to screen out unwanted views, a generous table for a few of your favorite things, and a spritz of a dreamy woodland or garden scent.

(right)

Inspired by cottages of the past, an architectural "gable bed" turns a suburban bedroom into a cottage getaway.



As if transported from the farm, comfortable painted wood furnishings give front-porch charm to a deck.

(above)

Maybe you're not the Waltons, but a clan of colorfully painted Adirondack chairs may just carry your spirit back to ole Virginny anyway. Add a vintage whirligig and some flowering plants and, at the very least, the color and comfort will lure the neighbors over for some friendly, down-home chats.







(above left) One step inside the front door transports you to your own rural fantasy. A mirror with barn-door detailing teams with a primitive horse wallpaper border, a Shaker peg rack, and a weathered bench to create the country scene. *(above right)* Planks of homey red flooring create the look of yesterday's painted wood, yet they're newly made of durable, fuss-free laminate. *(below left)* Replace a flat, hollow-core door with this barn-style version to give an entry hall fresh-from-the-farm character. (Hint: Recycle the original door as a desktop or worktable for the kids by placing it atop two sawhorses or file cabinets.) *(below right)* With timeless styling and authentic chime, a new floor clock creates a happy landing and gives guests a stunning preview of your home's vintage look.





Buying Information, page 122. How-to, page 198.

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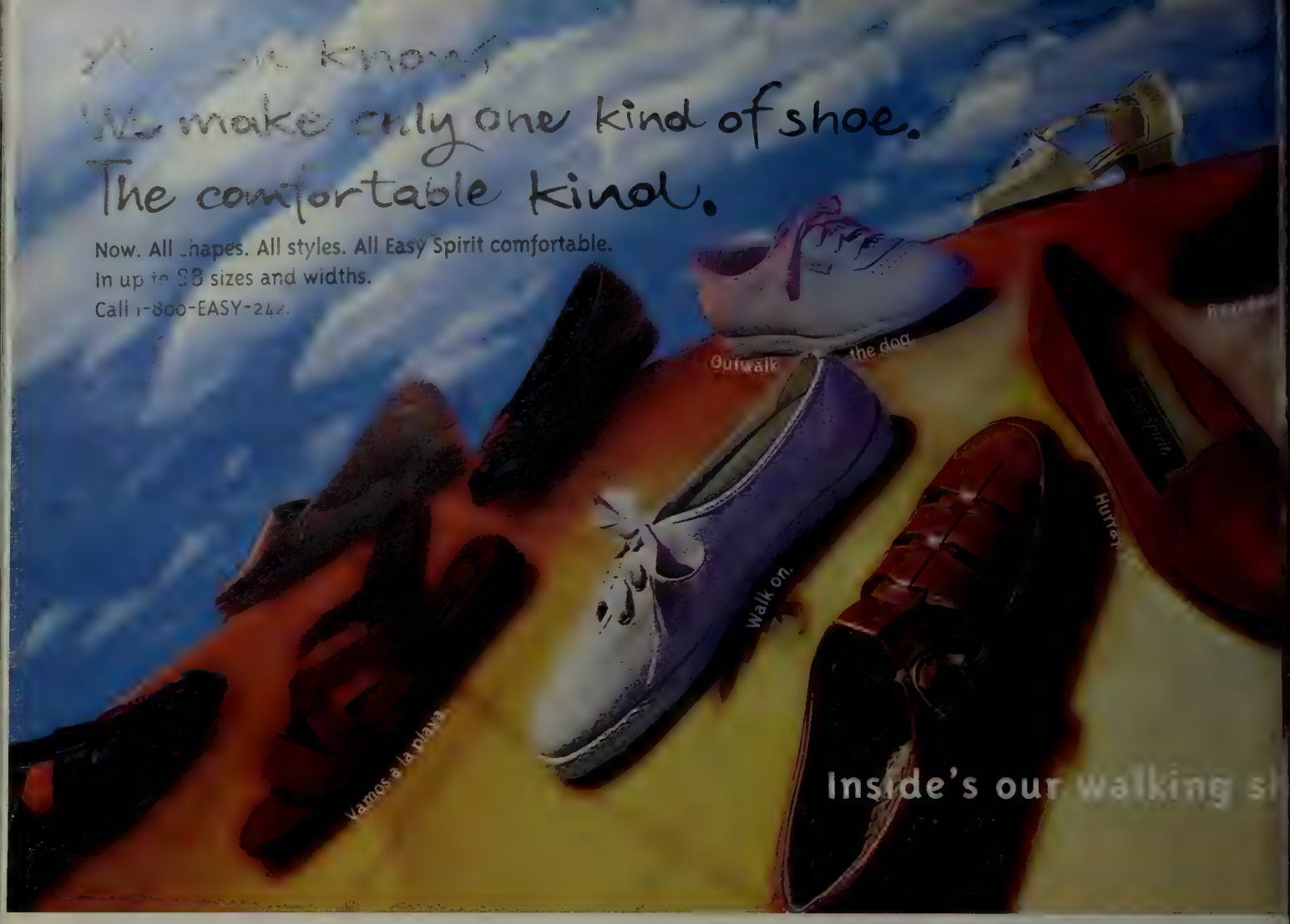


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country in the 'burbs

continued from page 196

DINING ROOM WITH SCENIC WALL COVERING

Cut a piece of scenic wall covering for your framed wall picture. The proportion of the picture should be in keeping with the size of the wall and the surrounding pieces of furniture. Also, be careful to cut the wall covering so the design is centered and none of the motifs, such as a building or an animal, are cut in half. Paste the scenic wall covering to the wall at a pleasing level.

For the grid-work, prime and paint 1×4-inch lengths of pine.

For the horizontal grid lines, cut four pine lengths equal to the width measurement of the wall. Find studs and nail horizontal grid-work in place as follows: position one length horizontally at the top of the picture, another at the bottom of the picture; do the same at the top and base of the wall. Then cut 1×4s into shorter strips to fit between the horizontal lengths. Angle-toenail the vertical strips between the horizontal lengths at the desired spacing and at each end of the picture.

Nail ¼-inch quarter-round molding around the picture after the grid work is done.

Fill in grid with stucco as follows: Starting with a clean, dry surface, work from the top to the bottom of each section. Using ready-mixed (whipped or mechanically blended) drywall compound and a cement trowel, skim on a ⅛- to ¼-inch layer of the compound.

When the area is covered, use the trowel to smooth the compound flat against the wall. At the same time, pull the compound away with the trowel to create a rough texture. Repeat the smoothing and pulling action until the surface is irregular and slightly roughened. Avoid a regular, contrived texture.

Clean the trowel and use it to sweep broadly across the roughened areas to create high and low roughened texture; use a side-to-side and up-and-down motion. Complete before the compound dries.

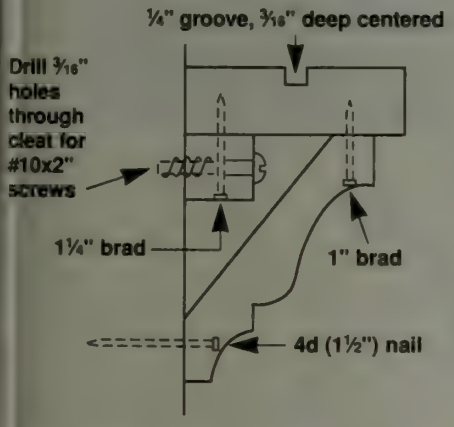
When the wall is dry, paint the stucco area; touch up painted grid.

LIVING ROOM PICTURE RAIL

To make the picture rail, begin by cutting or routing a groove centered in pine 1×3s.

Refer to the picture-rail cross-section *on page 199*. Miter-cut one end of each rail where they will meet in the corner of your room, then cut to length. Cut cleats 2 inches shorter than each rail from ¾-inch-square





stock. Mark stud locations on the cleats, then drill a 3⁄16-inch hole at each mark. Attach the cleats to the rails with glue and brads. Level the rails 30 inches from the floor, then screw to the walls.

For the decorative bracket, miter-cut pieces of small crown molding to fit the corner, then cut them 1 inch shorter than the rails. Nail to the rail and wall as shown. To end the molding, miter-cut a return as we did, or glue a triangular wooden plug into the opening. Putty holes, then paint.

HALLWAY BARN DOOR

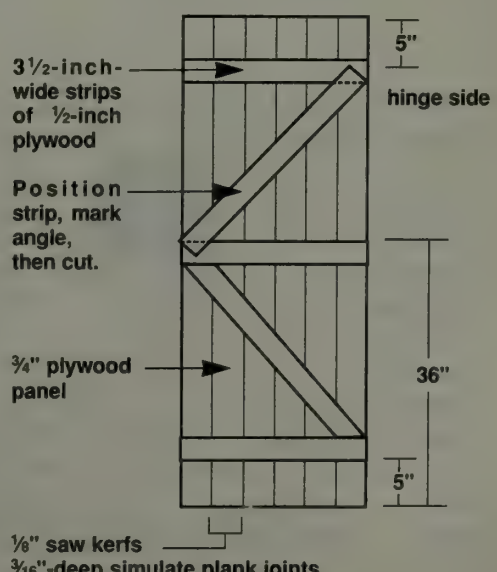
Here's an easy, less expensive way to simulate the look of a rustic door without the hard work of joining separate planks.

Begin by cutting a ¾-inch-thick plywood rectangle to fit your door opening. We subtracted ⅛ inch from the overall width for a 1⁄16-inch opening clearance along each edge.

To determine the location of the saw-kerf grooves that simulate plank joints, divide the width of the door by the number of planks desired. Our 24-inch-wide door has six 4-inch-wide planks. Mark the location of the grooves, then cut them with a circular saw, using a 2×4 clamped to the door as a guide.

Next, cut ½-inch-thick plywood into three 3½-inch-wide strips cut to the width of the door. Nail them in place where shown on the drawing (*right*). Cut additional strips for the diagonal braces that angle from the hinge side to the latch location. To mark the angles, position the braces as shown. Then, pencil the overlap onto the brace, and cut away the waste. Then, nail the braces in place.

Paint the door as desired, add hardware, and mount the rustic door to your frame. ⌂



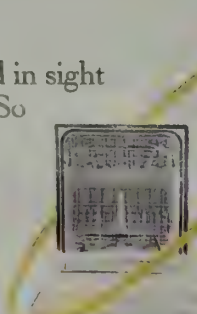
Doing dishes is an ongoing thankless job.

But now it can be a *faster, easier, quieter* ongoing thankless job.

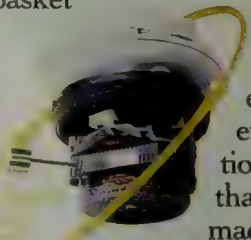


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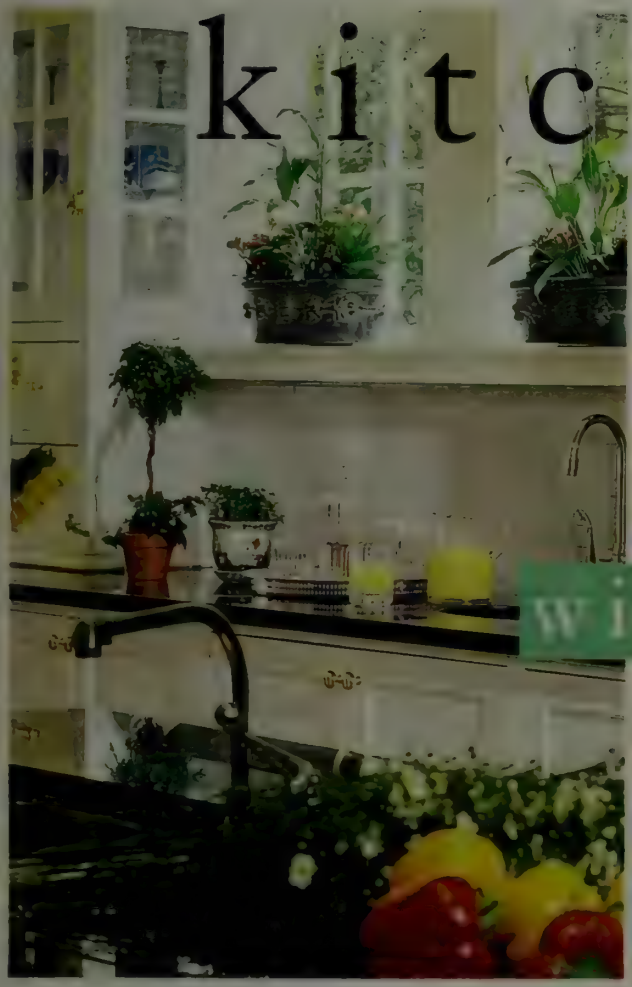
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by
Steve Cooper

kitchens with character





Too many kitchens are as predictable as peanut butter sandwiches. They are smooth when you long for crunchy. They are made with limp white bread though you crave robust wheat. They ooze jelly when you hunger for plump jam. But take heart, here are a pair of kitchens featuring a full plate of satisfying ingredients. They are kitchens where cooks will find character expressed in each room's design, materials, and comfortable furnishings.





golden arches

Serious cooks can stir up some serious fun in this thoughtfully appointed kitchen. Its character is evident in how easy it makes cooking and how great the kitchen looks while you're doing it. Floating in the midst of the work area is a multipurpose island (*above*), where meals can be fried, grilled, broiled, baked, and cleaned up. In the kitchen's galley-style arrangement (*right*), the wall opposite the island houses a pastry center topped with a cool marble counter. On the same wall are a pair of ovens, a microwave oven, and a warming drawer. Golden ceiling arches separate the kitchen from the home's great room, and there's also a breakfast nook. Like the rest of this Minnetrista, Minnesota, home, the kitchen's style is pure Craftsman.

PHOTOGRAPHER: SUSAN GILMORE. INTERIOR DESIGN: JOSEPH BOEHM. ARCHITECT: MULFINGER, SUSANKA & MAHADY ARCHITECTS, INC. BUILDER: KYLE HUNT & PARTNERS. REFRIGERATOR, DISHWASHER, MICROWAVE OVEN: **KITCHENAID.** OVENS, COOKTOP: **DACOR.** HANGING LAMPS: **REJUVENATION LAMP & FIXTURE CO.** ISLAND COUNTERTOP: **GIBRALTAR.** PASTRY-CENTER COUNTERTOP: **GRAN-A-STONE CO.** WINDOWS: **MARVIN WINDOWS & DOORS.** PAINT: **BENJAMIN MOORE & CO.** FLOOR INSERT: **"MARMOLEUM," FORBO CONTRACT SURFACES.**







1. Those who need a jolt of java to get going in the morning will appreciate this service idea: a coffee preparation center. There's room on the cherry tabletop for a coffeemaker, an espresso machine, and a grinder. Jars of beans can perch on the open shelves at each side.

2. Bakers will be rolling in the dough on this pastry center with its chocolate-colored marble countertop. It's surrounded by storage for such oddly shaped items as mixers and cookie sheets. The warming oven is open at the far end of the countertop.

3. As the cook prepares dinner, kibitzers can dish up their remarks from the swept-back wicker chairs near the window opposite the kitchen's island. Lighter wood trim throughout the room is maple, and the darker highlights are cherry.

4. Keeping kitchen cabinets organized is easy when options such as this spice holder are included. Inserts designed to hold bottles, cans, and cooking gear of every sort are available. The red inlay (*lower left corner of photo*) is resilient embellishment added to the maple floor.









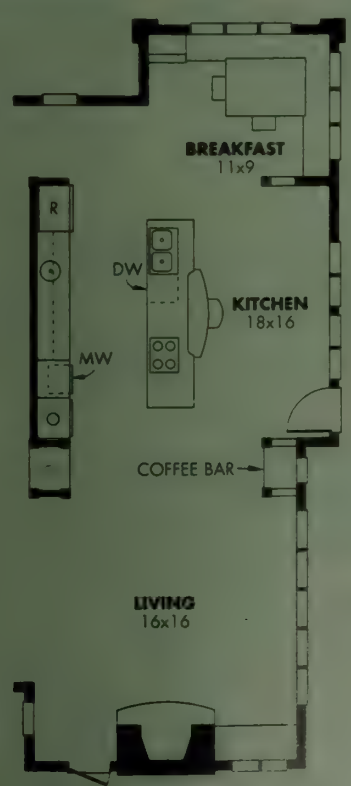
5. The curve of the planning desk's cherry countertop mimics the sweep of the ceiling arches and helps soften a room designed with an abundance of straight edges. Cubbyholes are a handy spot to store recipe cards, and the open shelving to the right of the desk gives a place for cookbooks or folders.

6. As the floor plan shows, there's plenty of room for people to maneuver, whether it's a dinnertime dance for two cooks or a larger party. The passage between the island to the oven wall is more than four feet wide.

7. The eating nook nestles against a sunny window. With built-in seating and room for chairs, four or more can sit comfortably at the Craftsman-influenced trestle table. Eyes will be drawn upward by the beauty of the towering built-in china cabinet, all-in-a-row transom mullions, and cherry trim near the ceiling.

8. A four-bin recycling center has been tucked into the end of the island closest to the garage. The white solid-surface countertop is hard enough to withstand the rigors of daily use for years to come.

6



8





twenties redux

The years hadn't been completely kind to the 1929 house that Betsy and Bob Crosby bought in Atlanta, but a patina of character endured. After stripping away the dull remains of a '60s kitchen makeover, the couple added a new kitchen and breakfast room with a design harkening back to the '20s. With old-style, inset panel doors and upper storage cases stretched to the ceiling, the cabinets (*above*) recall the best of an elegant era. On the exterior wall (*right*), the original window has been reframed with chunky trim, and the handsome built-in china cabinet has been given glazed doors and glass sides to admit maximum sunlight. The kitchen's black and white colors are as snappy as a tux and tails and contrast vividly with the mustard walls of the adjacent breakfast room. But this kitchen's design isn't just a matter of good looks. There's work to be done, and the room's arrangement will ease the Crosbys' mealtime chores by putting a granite-topped island at the center of things. Modern necessities are sprinkled throughout the kitchen, too. The black-finish appliances and the island's brushed steel under-mount sink are definitely touches from the late 20th century.

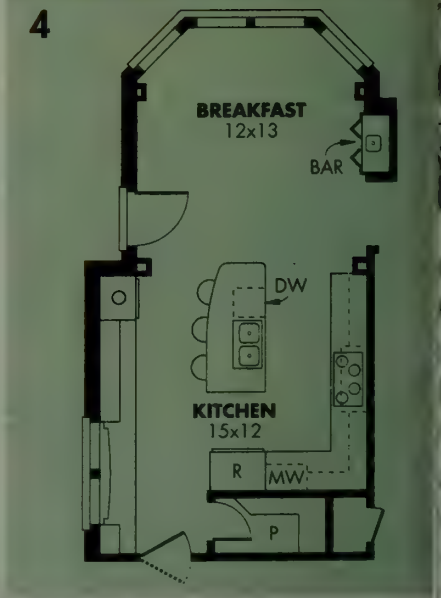
PHOTOGRAPHER: LAURIE BLACK. ARCH[illegible] INTERIOR DESIGNER: ANITA CROSBY.
REGIONAL CONTRIBUTOR: RUTH L. REITER











1. The breakfast room's ceiling rises to a pyramidal point. Boxy columns add character to walls while serving a useful purpose: They hide steel structural beams.

2. Betsy wanted a desk, and it had to be neat. So, she tucked it behind doors of a tall breakfast-room cabinet.

3. A pair of bifold doors in the desk cabinet swing back to reveal a slide-out writing table and storage. The back wall of the cabinet is a message board made of cork.

4. Lots of light and tall cabinets and ceiling make the 12×14-foot kitchen seem spacious. A pantry tucked away and out of view helps keep kitchen clutter at bay. ⌂

Buying information, page 122



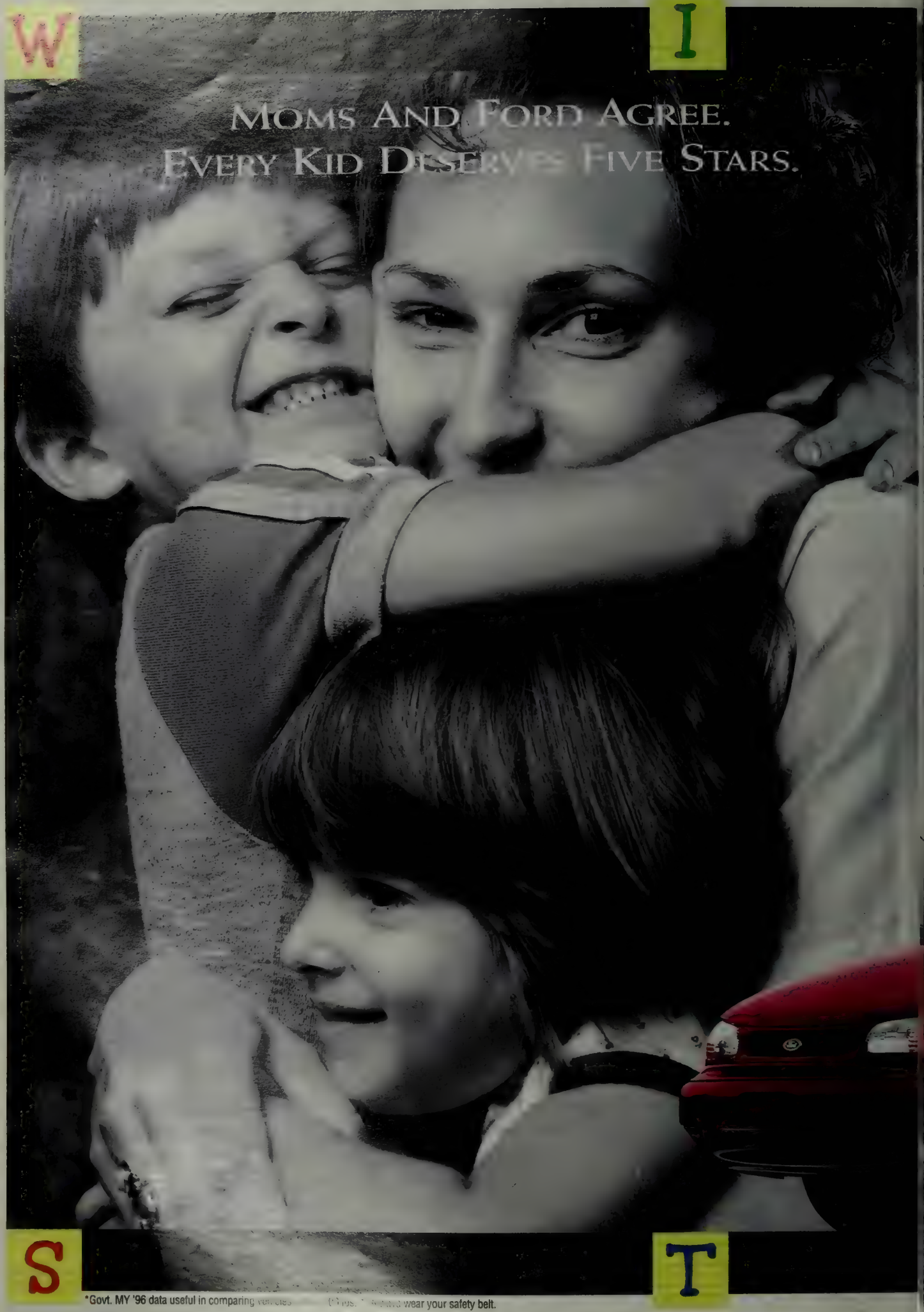
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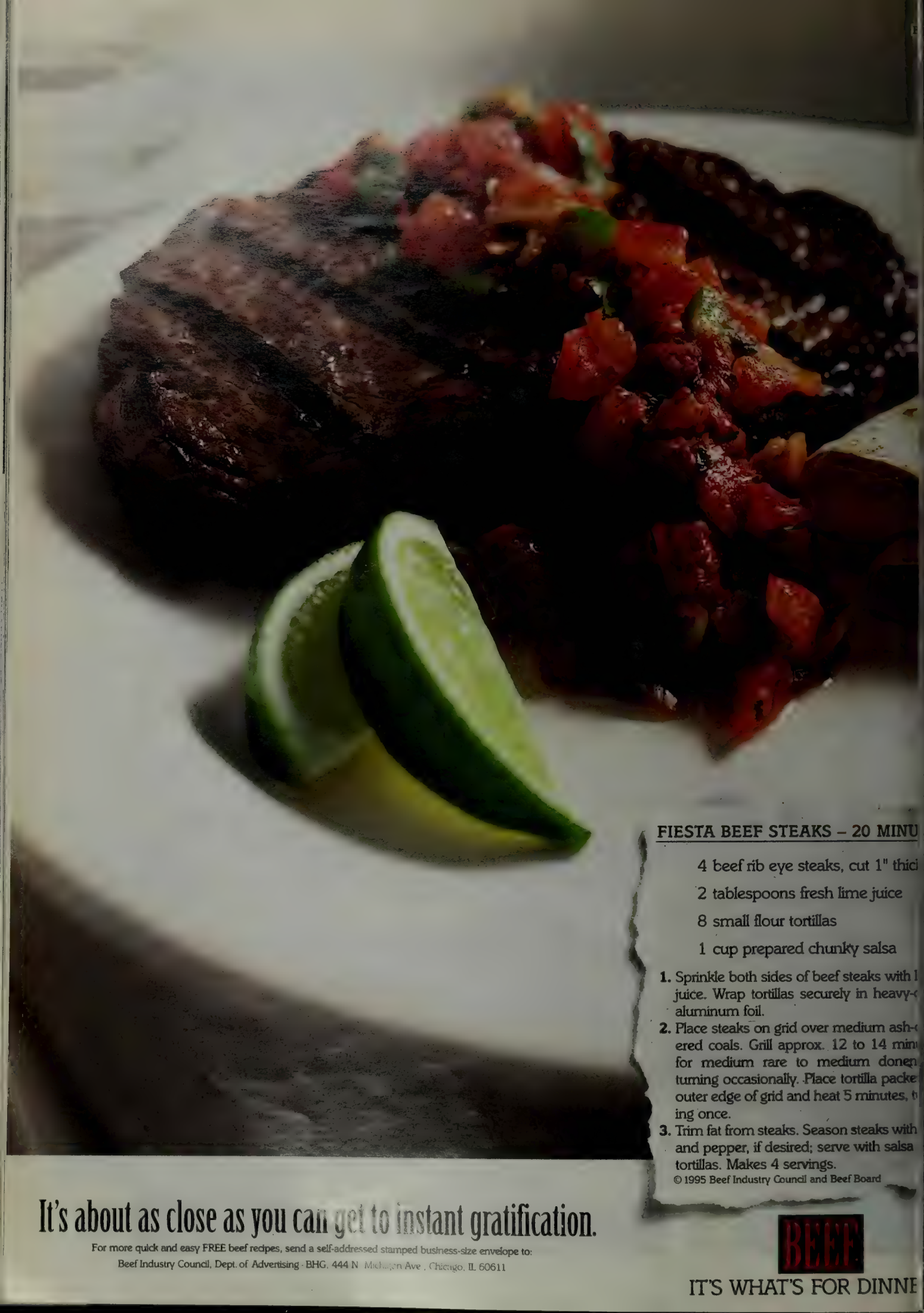
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A R



FIESTA BEEF STEAKS – 20 MINU

- 4 beef rib eye steaks, cut 1" thici
- 2 tablespoons fresh lime juice
- 8 small flour tortillas
- 1 cup prepared chunky salsa

1. Sprinkle both sides of beef steaks with l juice. Wrap tortillas securely in heavy-(aluminum foil.
2. Place steaks on grid over medium ash-(ered coals. Grill approx. 12 to 14 min for medium rare to medium doner turning occasionally. Place tortilla packe outer edge of grid and heat 5 minutes, t ing once.
3. Trim fat from steaks. Season steaks with and pepper, if desired; serve with salsa tortillas. Makes 4 servings.

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BEEF

IT'S WHAT'S FOR DINNE

Our Best RECIPES



Pear Dumpling with Lemongrass
p. 238

This month, you'll find:

big flavors in small packages

izewinning Recipes

ibbon Steaks & Chops

Special Cheesecakes, p. 265



big

Cumin Recall the seductive aroma of your favorite Mexican restaurant...or the scent of an Indian curry. Then thank your lucky stars for cumin. These tiny oval seeds pack the power to transform many a dish from mundane to magical. A gentle toasting and grinding bring out nuances of flavor to spark your salads, stews, vegetable dishes, and dips.

flavors
in small packages

Basil's become blasé. Oregano's been overdone. Meet some grand new flavors, ready to revive weary palates the same way they steal the show in far-flung kitchens. Once you're hooked on the bright lift that cumin, gingerroot, lemongrass, cilantro, and chili peppers can deliver, there's no returning to "plain vanilla." We've borrowed their pizzazz to liven some familiar recipes—so go for the bold.

by Carla Waldemar



COYOTE PIZZA with RED PEPPER SAUCE
(CUMIN, CILANTRO, AND ANAHEIM PEPPER)

Recipes begin on page 238



FISH OF SUBTLE FLAVORS
(LEMONGRASS)

Lemongrass

The gray-green, spear-like leaves of the lemongrass plant, at home in Southeast Asia, conceal a mildly sweet, citrusy flavor within their fibrous stalks. Traditionally they've scented the soups, salad dressings, and fish dishes of Thai kitchens. We've adopted the techniques of bruising, steeping, and straining out the stalks to come up with some terrific stateside variations on the theme.



big flavors
in small packages



LEMON-LIGHT SPRING SOUP
(LEMONGRASS AND CILANTRO)

Recipes begin on page 240



JUMPIN' GINGER BUTTER
(GINGERROOT)

CHILLY FRUIT SOUP
(GINGERROOT)

Gingerroot

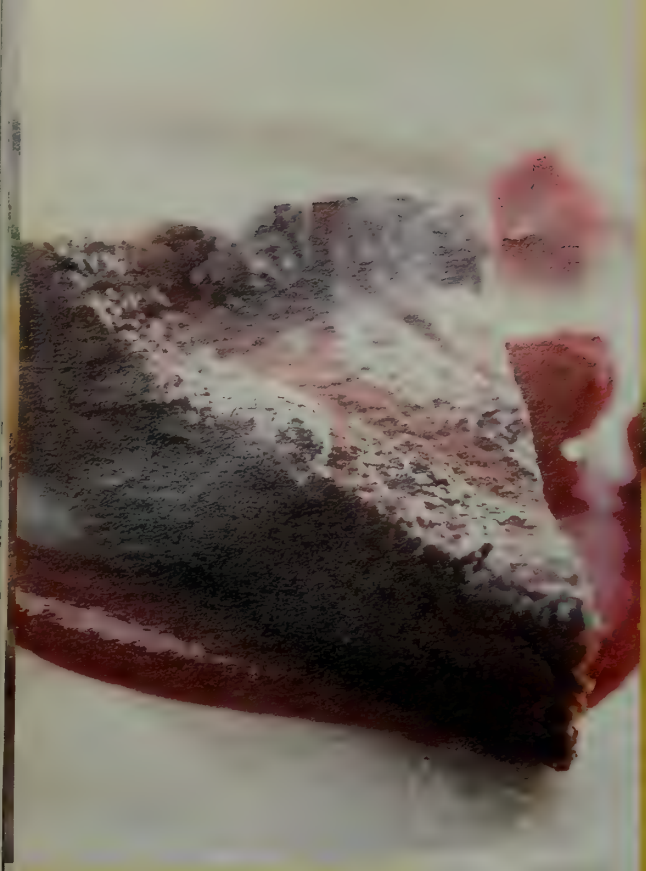
This knobby, gnarly, twisted root—homely as dirt—gives credence to your mother's teaching that beauty is more than skin deep. Gingerroot puts the snap in all-American favorites such as gingersnaps, ginger beer, and gingerbread. And it can breathe new life into most any ho-hum recipe, too. To escalate many a dish in your repertoire, simply get out the grater.

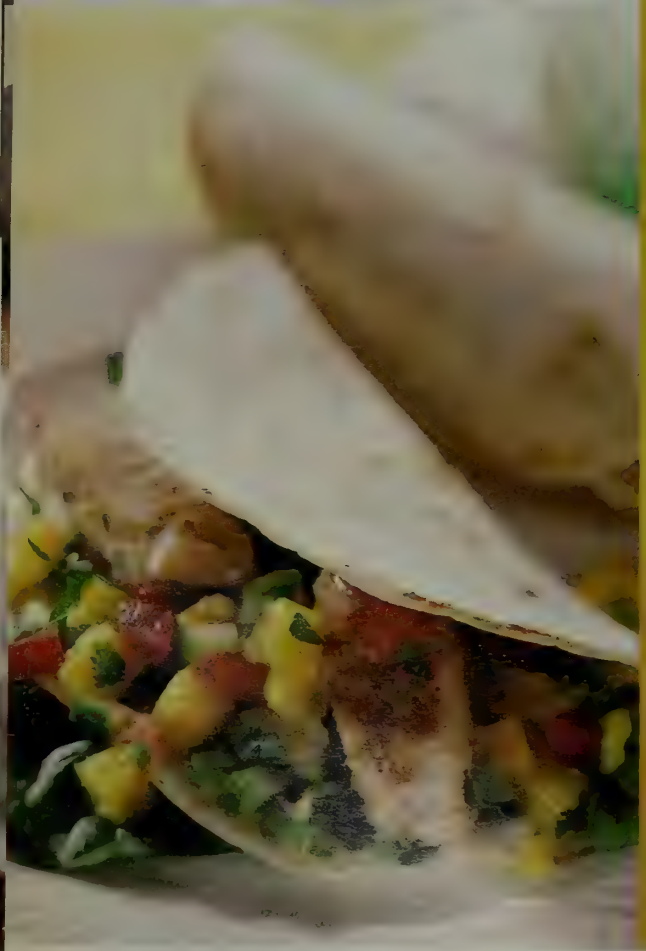


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GINGER BERRY SORBET
(GINGERROOT)

Recipes begin on page 243







HOTCHA CHOCOLATE TORTE
(ANCHO PEPPER)

FISH TACOS with MANGO SALSA
(JALAPEÑO PEPPER AND CILANTRO)

Cilantro and chili peppers

Call on cilantro's refreshing "green" flavor when your recipes need a jump start. Just snip the feathery leaves into soups, salsas, stir-fries, or wherever your knife and imagination may lead. Chop chili peppers into Tex-Mex or Asian dishes. Once you're hooked on the wake-up call they bring to dips, salsas, and sauces, there's no turning back to mere salt and pepper.

big flavors
in small packages



SINGAPORE BEEF SLAW
(CUMIN AND CILANTRO)

Recipes begin on page 249

big flavors
in small packages



SUNBELT SHRIMP SALAD
(LEMONGRASS)



SIZZLING VEGETABLE SANDWICH with CUMIN MAYO
(CUMIN)

Fusion Flavors are like music on a plate. A solo can evoke a smile long after the performance has ended. But marrying complementary or contrasting flavors can create a duet where the sum is more than the parts. Cumin adds breadth to chili peppers' potency and mellows the "grassy" flavor of cilantro. Lemongrass trades subtlety for flair when paired with gingerroot; united with cilantro, a clean taste is emphasized.

Recipes begin on page 251
Buying information, page 123

Even Mr. No never says "no" to a *Goldfish*.



He'll argue about breakfast, lunch, dinner and everything in between.
But he says Goldfish crackers are cool. I say they're wholesome.
And it's nice not to nag, but to agree.
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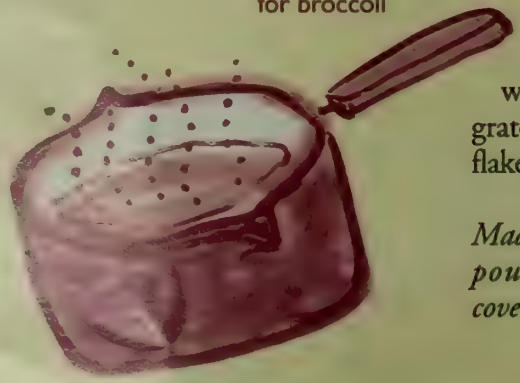
Here is a simple dinner that cooks in no time--an easy, great recipe made even easier with Solutions by Revere.

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Very Easy Broccoli Pasta

- 1/2 head broccoli*
- 1/2 lb. pasta (ziti, elbows, spirals, or shells)
- 2 1/2 qts. water
- 1 tsp. salt
- parmesan cheese
- olive oil
- 1-2 cloves garlic (optional)
- red pepper flakes to taste (optional)

*1/2 bunch cauliflower can be substituted for broccoli



1 Boil water for pasta according package directions. Add salt a 1 tsp. olive oil. 2 Cut cauliflow or broccoli into small flore If using garlic, peel cloves. 3 Wh water is at a rolling boil, add pas broccoli or cauliflower, and garl Cook together according to pa package directions. 4 Wh cooked, drain all. Remo garlic. Spoon pasta a vegetable into bowls. T with parmesan cheese (fres grated, if possible) and red pep flakes. Drizzle with olive oil. Serves

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Fig. 2 The colander's built right into the lid

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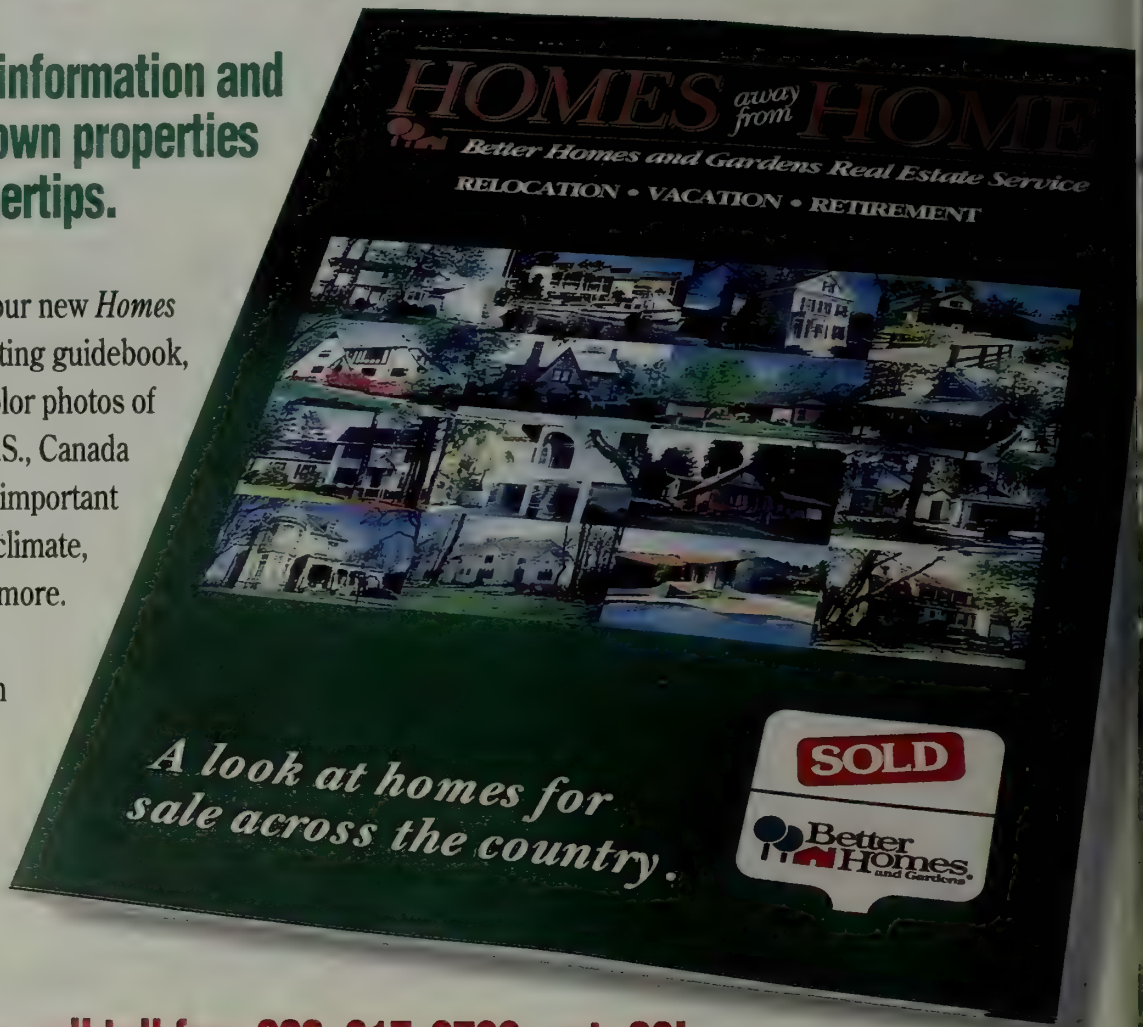
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HINTS FOR THIS MONTH'S CATEGORIES

Holiday Dinner Ideas: Holiday entrées are most dearing when they have a self-inspired twist. Share ir family's special dishes with our judges.

ies and Tarts: It's as easy as pie to enter your origi- pastries using holiday fruits, nuts, chocolate, and s. Send in those festive pies and pretty tarts, too.

HIS MONTH'S WINNERS—pages 265 and 266

winners received a Braun FlavorSelect Coffeemaker.

00 Winners: Jeanmarie Bond, San Diego, Calif.; nald E. Collings, Pawcatuck, Conn.

0 Winners: Joseph A. Divita, Tonawanda, N.Y.; ette Rivers, Pickens, S.C.

or Roll: Roxanne E. Chan, Albany, Calif.; Lauren J. Laughlin, Nev.; Grace A. Eckstorm, Chandler, Ariz.; McCormack, Coraopolis, Pa.; Toni R. Pendley, son, Ky.; Carrie Shapley, Waukegan, Ill.

TEST RULES: 1. The contest is open to U.S. residents, except ith Corporation employees, its affiliates, subsidiaries, and immediate es. 2. With each entry, clearly print or type your name, address, and e marked "December Holiday Dinner Ideas" or "December Pies and " Specify brands and recipe origin. 3. Send recipes to 9612 Food ment, *Better Homes and Gardens* magazine, Des Moines, IA 50309- . Entries must be received by May 31, 1996. 5. Monthly winners will ected about 60 days later, then notified by mail. Winners must sign an davit and release. The annual grand prize winner will be selected from the $200 winners on or about January 5, 1997, and will be notified by mail. ntries must be your original recipes. No previously published recipes, se. They will be judged on creativity, taste, and practicality by BH&G® ors. 7. Entries will not be returned. All copyright rights of winning recipes ong to Meredith Corporation. We reserve the right to adjust recipes. Entry constitutes permission to use the winner's name and hometown name r editorial and promotional purposes, except where prohibited by law.

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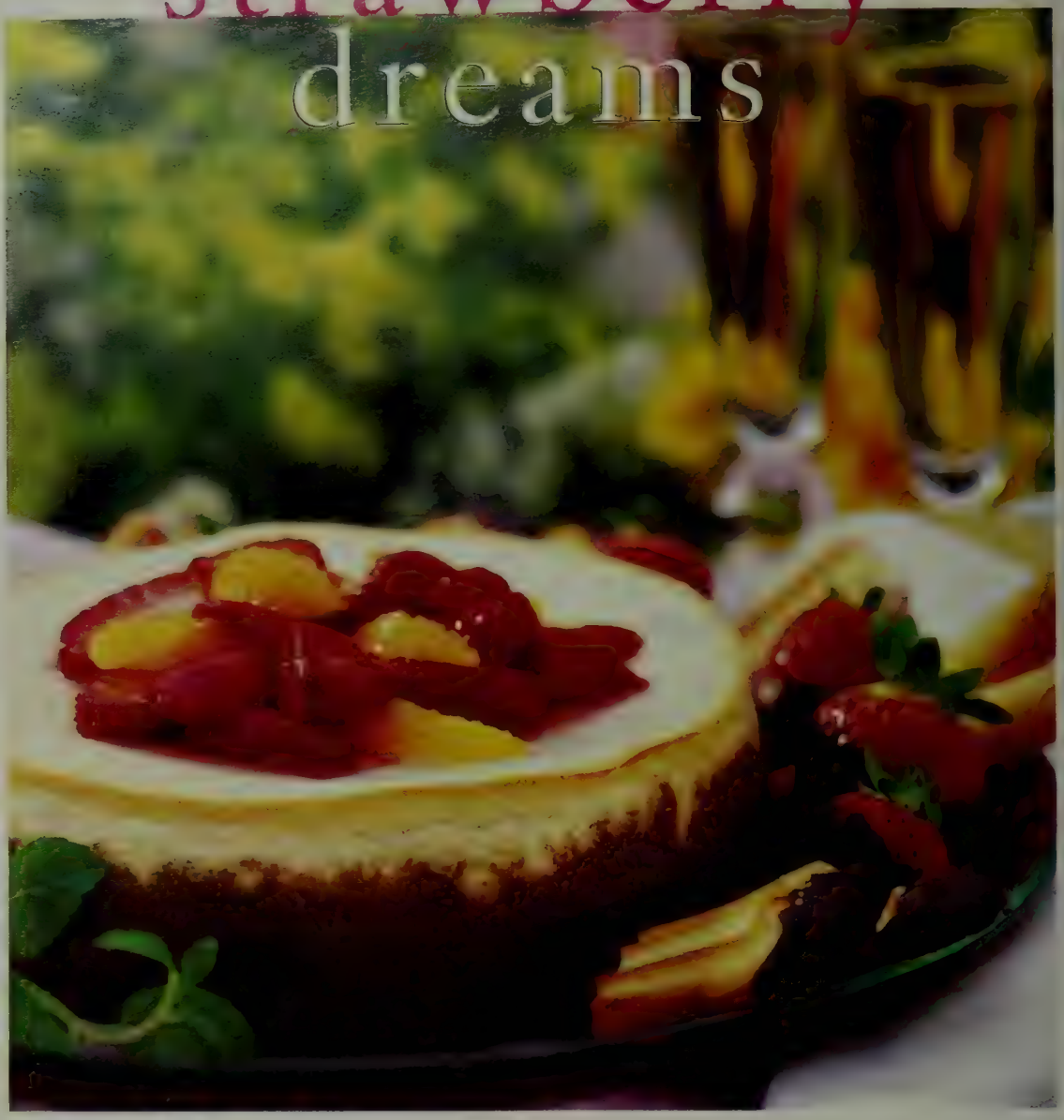
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strawberry dreams



by Joy Taylor

Legend says dreaming about strawberries is a good omen. It could be a sign of fruitful days ahead and a sweet, healthful life. You'll think you're in dreamland after one bite of these desserts—not only do they taste sensational but they're lower in fat, too.

Heavenly Cheesecake

No way, they'll say. This tastes too good to be low in fat. But it is. No need to divulge your secret: yogurt replaces most of the cream cheese.

Recipe begins on page 256.



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nt to know the secret to keeping your culinary e interesting? Do the unexpected. Like adding e® Canned Pineapple to your salads. After all, you can't live on bread—or croutons—alone.

Pineapple Spinach Salad

oss 1 can (20 oz.) Dole Pineapple Chunks, drained, with 4 cups packed spinach leaves, 1/2 cup sliced red onion, 1/2 cup toasted sliced almonds in large bowl. **Pour** 1/2 cup Italian dressing over salad; toss. Serves 4.



Tangy Poppy Seed Fruit Salad

Drain 1 can (20 oz.) Dole Pineapple Chunks; reserve 1/4 cup juice. **Combine** pineapple with 1 orange, peeled and sectioned, 1 kiwi fruit, peeled, halved, and sliced, 1 cup red or green grapes, and 1 cup quartered strawberries, in large bowl. Stir reserved juice, 1/4 tsp. grated lime peel, 2 tbsp. lime juice, 1 tbsp. honey, and 1 tsp. poppy seeds in cup. **Pour** over salad; toss. Serves 4.



Minted Fruit Rice Salad

Heat 2/3 cup Dole Pineapple Juice and 1/3 cup water in saucepan, to boiling. **Stir** in 1 cup instant rice. Remove from heat; cover. Let stand 10 min. In bowl, stir rice with 1 can (11 oz.) Dole Mandarin Oranges, drained, 1 can (8 oz.) Dole Crushed Pineapple, undrained, 1/2 cup chopped cucumber, 1/3 cup chopped red onion, and 3 tbsp. chopped mint. Serves 4.

for more? Send a self-addressed stamped business envelope to: Dole Pineapple Recipes, P.O. Box 9042-L, Clinton, IA 52736-9042.

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strawberry dreams



Berries on a Cloud

Crisp meringue shells cradle a soft and creamy cloud of "decadence" and juicy berries. A wisp of melted chocolate caps it all off.

Recipe begins on page 256.

USA

Official Lunch Meat Sponsor of the 1996 U.S. Olympic Team.



Being slow-smoked with mesquite is the best thing to happen to turkey. (Though they might disagree.)

Turkeys can probably think of other things that they'd rather do than be smoked with mesquite wood. Or other kind of wood for that matter. On the other hand, people who appreciate a good turkey sandwich are sure to agree that Deli Select mesquite-smoked turkey breast is the greatest invention since, coincidentally, sliced bread.



Our turkey is fat-free. Thanks to a healthy diet and love of Jazzercise.®

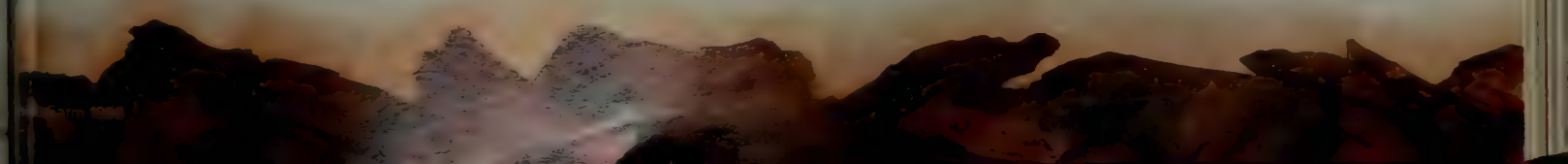
Southwestern natives first used mesquite wood for the unique flavor it gives to meat. (Well, because it's easier to find than a tumbleweed.)

That's because we take the extra time and effort to slow-smoke it, and we even make it fat-free. All of this attention is the very least that we can give to our turkey. Especially considering all that they've given for us.



Available in thin or traditional thicker slices. (Mom said there would be tough decisions in life.)

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strawberry dreams



Angel Shortcake 'n' Lemon Cream

Cake, berries, and cream—a perennial springtime favorite. You can indulge a tad with this fluffy topping because the cake has zero fat. Or, forego the cake, and spoon the cream over bowls of berries—simply elegant!

Recipe begins on page 258.



WHAT A HOT LASAGNA WEARS TO A PARTY.





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by Carla Waldemar

Planner's Guide to Outdoor Gatherings



Outdoor entertaining came easily to the French Impressionists. Remember the painting? One gent cut the bread, his pal poured the wine, and the lady got a fabulous suntan.

Parties take a bit of planning in modern America (and you've probably got a lot more friends on your invitation list). Yet entertaining crowds outdoors can allow for more relaxed standards than serving smaller numbers at a sit-down dinner party in the dining room. Guests dress more casually and enjoy more casual fare, and you don't have to dust the grass. By following our checklist, your biggest problem should be fending off the compliments.

LOCATION, LOCATION

If you're expecting a cast of thousands, you might consider reserving space in a local park, state recreation facility, zoo, botanical garden, or other public place; this way, you're usually assured a shelter in case of rain as well as rest rooms, parking facilities, tables, and water. If guests will number in the dozens, utilizing your own backyard or condo's commons makes transportation of food, drink, and decorations easier—and the bad weather back-up plan is built-in. If you have particularly agreeable neighbors, it may be possible to negotiate overflow use of lawn.

ALL EQUIPPED

Party-rental companies can ease the burden of rounding up the "props"—equipment few households have on hand in mega-quantities. For orders above $100 or so, or for a slight charge, many will deliver and retrieve rentals. It's wise to place your order at least a month in advance.

Such companies rent tables and chairs (about $120 covers accommodations for 100 guests), tents (a 20×20-foot tent should rent for around $90), beverage stations (about $25 each), portable toilet (about $50), large serving equipment (about $15 each), grills (8-foot length, about $50), and urns for coffee or lemonade (about $12 each). Buy, rent, or borrow trash containers. You might check with your church, public library, or school to see if it rents or lends equipment. Consider renting some teenagers, too—warm bodies to mow the grass, help serve, clear, keep an eye on the ice supply, stash umbrellas (heaven forbid you should need them), remove trash, and even act as parking valets. Ask neighbors' permission to utilize their curbs and

continued on page 236

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Outdoor Gatherings

continued from page 234

driveways; if you invite them over, how can they say no? If you are planning music or strings of decorative lights, corral extra extension cords. Extend invitations well in advance (3 to 4 weeks wins you points from Miss Manners) so people have sufficient time to respond; that way you won't prepare too much/too little potato salad or run out of ice.

STAGE SETTING

Purchase table coverings (inexpensive bedsheets or vinyl is fine; paper is cheaper and makes cleanup easier), plates (remember, those flimsy numbers may be "gone with the wind"), napkins, cutlery, and cups. Make or buy centerpieces that won't topple in a breeze.

Consider the vital issue of how to keep hot food hot and cold food cold, so memories will center on the good time had and not the trip to the emergency room. Rent hot trays and coolers as needed. Camping coolers filled with ice come in handy to keep beverages and cold dishes chilled, or you can fill washtubs or other large containers. Buy lots of ice—more than you think you'll ever need, because you will. Ask if the neighbors have empty freezers.

Plan activities and stake out turf where people can enjoy them. If your guests include children, a separate play space or napping corner (and a teenager as "camp counselor") can be a blessing. And don't forget to stock up on bug spray or citronella candles.



THE FOOD'S THE THING

In calculating the amount of food you'll need, consider the time of day, length of the party, and ages of the guests. Plan foods that can be presented in large quantities, such as casseroles, fruit bowls, and sheet cakes, rather than a sea of individual servings.

Opt for dishes that don't require precise serving times; skip the ice cream and soufflé. Plan food you can prepare—and properly store at the required temperature—a day or two in advance. Choose items such as beef roast or turkey in sizes that will fit on your grill or into your oven, cook with minimal tending, and slice easily, if required.

Shop a week or more in advance for nonperishable items such as chips and pickles. Many supermarkets have a section dedicated to institutional-size containers of things like baked beans, potato products, salad dressings, salsa, tomato sauce, and the cooked vegetables you might choose to toss into marinated salads.

Cooking for large numbers of people is also a great reason to call on convenience products such as frozen chopped onions, minced garlic, cake and biscuit mixes, bite-size fruits and vegetables that you'll find on your supermarket's salad bar, or the whole chickens spinning on the rotisserie. (Call ahead to reserve, especially if your event falls on a holiday weekend when other cooks want to take a holiday from cooking, too.)

When planning to purchase large quantities of cheese or cold cuts, you may save money if you buy several pounds in bulk form (rather than the presliced packages), and then have the deli attendants slice them to your specifications. The supermarket is also a good source for giant sheet cakes and brownies (again, reserve ahead).

Unless you've inherited a talent for multiplying loaves and fishes, you may need some guidelines on quantities to purchase. Count on 1 gallon of orange juice to produce 32 (4-oz.) servings; double the amounts and serving sizes for 32 glasses of iced tea and lemonade. One pound of coffee makes 56 cups. Figure on 1 ounce per serving for potato chips, corn chips, mixed nuts, creamy dip, and pretzels.

Stock up on beverages well in advance. If you plan to serve alcoholic beverages, your dealer can help you figure the quantities you'll need and can also offer advice on what's popular (at parties, white wine usually disappears twice as fast as red wine, for instance). Ask if the store will take back unopened bottles as a safeguard against running short. Be sure to offer a selection of juices, soft drinks, and bottled waters.

List preparation equipment, serving dishes, and utensils needed, and make a grocery list for perishable ingredients. Should you feel comfortable drafting friends to help, supply them with the recipes you've chosen.

COUNTDOWN

Day Before: Mow the lawn. Assemble food and beverage serving stations, and set out nonfood items. Position trash containers. Set up chairs and tables. Prepare cold food and get a start on hot items, or pull prepared dishes from the freezer to thaw in the refrigerator. Contact any assistants to run through their responsibilities. Take the kids out for pizza so they won't mess up your kitchen.

Party Day: Attach table coverings with clips or tape. Position centerpieces and other decorations. Complete food preparation. Spray the yard or set out candles. Shower and change into a smashing outfit. Practice saying, "Oh, it was nothing; glad you enjoyed yourselves."

Outdoor Cooking *in a* WHOLE NEW LIGHT

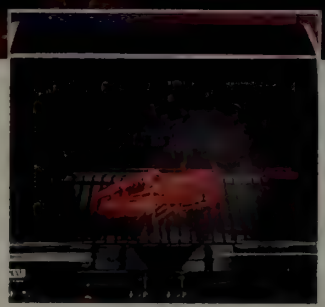




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Experience the lighter side of outdoor cooking with Spectrum by Sunbeam.

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continued from page 222

PEAR DUMPLINGS WITH LEMONGRASS

The spices in our story often work well in tandem, which solves the problem of finding other uses for leftover seasonings. Here, gingerroot joins lemongrass in both the stuffing and the syrup.

- 1¾ cups water
- ½ cup packed brown sugar
- 6 Tbsp. finely chopped fresh lemongrass* (about 12 inches)
- 3 tsp. grated gingerroot
- 2 Tbsp. margarine or butter
- 2¼ cups all-purpose flour
- ¼ tsp. salt
- ⅔ cup shortening
- 6 to 8 Tbsp. water
- 6 small pears (such as Anjou or Bartlett) or apples (such as Cortland or Rome Beauty) (about 4 oz. each)
- 1 beaten egg
- 1 Tbsp. water

For syrup, in a medium saucepan combine 1¾ cups water, ¼ cup of the brown sugar, 4 tablespoons of the lemongrass, and ½ teaspoon of the gingerroot. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Remove from heat; strain, discarding solids. Stir margarine or butter into syrup; set aside.

For pastry, in a medium mixing bowl combine 2 teaspoons of the grated gingerroot, flour, and salt. Cut in shortening till pieces are the size of small peas. Using 6 to 8 tablespoons water total, sprinkle 1 tablespoon water over part of mixture; gently toss with a fork. Push dough to side of bowl. Repeat till all is moistened. Form into a ball. On a lightly floured surface, roll dough into a 20x13-inch rectangle; cut into six 6½-inch squares.

Peel and core pears or apples from the bottoms, leaving the stems attached. If necessary, trim the bottom of fruit so it sits flat. Combine the remaining ¼ cup brown sugar, 2 tablespoons lemongrass, and ½ teaspoon gingerroot; spoon about 1 tablespoon sugar mixture into each cored fruit. Place each stuffed fruit on a pastry square. Moisten edges of pastry. If desired, decorate corners with the tines of a fork. Fold corners to center near top of fruit; press sides of pastry edges to seal and fold points back (see photo, below).

Arrange dumplings in a 3-quart rectangular baking dish. Pour syrup around pastry. Combine egg and water; brush onto pastry. Bake in a 375° oven for 30 to 40 minutes or till fruit is tender and pastry is golden. Cool slightly before serving. Makes 6 servings.

**Note:* Remove the tough outer lemongrass leaves; reserve for later use. Thinly slice the inner stalks crosswise, then chop.



To dress up the dumplings for company, create a criss-cross pattern with fork tines on pastry corners, then fold back corners; pull corners to top of pear, joining pastry sides with a pinch.

GO ON-LINE WITH

The BetterHomes Kitchen

For more great food ideas, visit our new home located on CompuServe Information Service. Using your home computer, you can find recipes, money- and time-saving tips, how-to photos, nutrition advice, and great ideas for planning parties and family dinners. The heart of The Better Homes Kitchen™ is the forum section, where you can share your food thoughts with others or tune in at specified times to chat with the BH&G Food Editors and other food experts. If you are currently a member of CompuServe, you're all set to experience our new service; simply Go Kitchen. Becoming a member of CompuServe is easy, too. Just call 800/858-0401. As a new member, you'll qualify for a month's free membership and 10 hours of free use of the service. If you wish to continue your membership, you will be billed $9.95 per month. Your monthly fee includes 5 hours of the service; additional hours are $2.95 each.

Nutrition facts per serving: 532 cal., 28 g total fat (7 g sat. fat), 36 mg chol., 150 mg sodium, 66 g carbo., 4 g fiber, and 6 g pro. Daily Values: 6% vit. A, 7% vit. C, 3% calcium, and 18% iron.

COYOTE PIZZA WITH RED PEPPER SAUCE

Pizza takes on a tingle of the Southwest with avocado, Mexican cheese, and a roasted sweet red pepper sauce humming with Anaheim peppers.

- 1 16-oz. Italian bread shell (Boboli brand) (12 inch)
- 1 recipe Red Pepper Sauce (see recipe, page 240)
- 2 cups coarsely shredded deli roasted or rotisserie chicken (about 8 oz.)
- ¼ cup sliced green onions
- ¾ cup crumbled or shredded queso fresco cheese* and/or Monterey Jack cheese
- 1 avocado, halved, seeded, peeled, and sliced
- ½ cup dairy sour cream
- Serrano pepper or jalapeño pepper, thinly sliced (optional)
- Cilantro sprigs (optional)

Place bread shell on a preheated baking stone or 12-inch pizza pan. Spread with Red Pepper Sauce. Bake in a 425° oven for 5 minutes. Top

continued on page 240



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continued from page 238

with chicken, green onions, and cheese. Bake for 5 minutes more. Top with avocado, sour cream, sliced serranos or jalapeños, and cilantro, if desired. Makes 6 main-dish servings.

**Note:* Queso fresco is a mildly salty white Mexican cheese found in supermarkets or Mexican groceries.

Nutrition facts per serving: 562 cal., 33 g total fat (9 g sat. fat), 69 mg chol., 724 mg sodium, 40 g carbo., 3 g fiber, 29 g pro. Daily Values: 31% vit. A, 90% vit. C, 19% calcium, and 19% iron.

RED PEPPER SAUCE

To ease last-minute preparations, roast peppers ahead of time, then freeze. When needed, simply thaw in your microwave oven for 3 to 5 minutes, then proceed.

- 2 medium red sweet peppers
- 1 Anaheim pepper
- 1 clove garlic, cut up
- ⅓ cup olive oil
- ½ tsp. salt
- ½ tsp. crushed cumin seed

Halve red sweet and Anaheim peppers; remove seeds and membranes. To roast, place peppers, cut side down, on a greased, foil-lined baking sheet. Bake in a 425° oven for 20 minutes or till skins are blistered (see photo, below). Place in a clean paper sack or container; seal and let stand for 10 minutes to steam. Peel off skins gently with a paring knife. Peel and coarsely chop peppers.



After blistering and then steaming, pepper skins are easy to remove.

In a blender container or food processor bowl combine peppers, garlic, olive oil, salt, and cumin seed. Cover and blend or process till nearly smooth. To store, place in a covered container and refrigerate for up to 10 days. Makes about ¾ cup.

Nutrition facts per tablespoon: 58 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 90 mg sodium, 1 g carbo., 0 g fiber, and 0 g pro. Daily Values: 9% vit. A, 41% vit. C, 0% calcium, and 1% iron.

LEMONGRASS

Lemongrass could pass for an ugly green onion. The leaves and stem are tough and fibrous; they sprout from a white, juicy, slightly bulbous base, a little larger than a green onion's. You'll find it in Asian markets. Choose stalks that are firm and unbroken.

Traditionally only the inner portions of the white bulb end are used to impart its signature light, lemony flavor to foods. Chop and use the tender inner section in meat and vegetable dishes, salsas, vinaigrettes, and marinades. Lemongrass is especially enticing in a peanut sauce or dressing. A 2-inch inner portion of a stalk yields about 1 tablespoon finely chopped lemongrass.

Some cooks also use the tougher green portions in recipes where the herb will be removed from the dish before serving. For easy removal, wrap the chopped herb in 100 percent cotton cheesecloth or place in a tea ball and use as a bouquet garni for soups and stews.

Use the fibrous stems (first pounding them with the blade of a knife or mallet to release their essence) to flavor fish, shellfish, and chicken preparations; in dishes with a southeast-Asian accent; or wherever lemon flavoring is wanted.

Fresh lemongrass may be stored in the refrigerator for up to 3 weeks or frozen in a moisture- and vapor-proof plastic bag or container. Dried lemongrass is available in packets of diced stems, which you must soak in water before using. Or, you can find it in shredded or powdered form. Dried forms have a stronger peppery bite and taste less lemony than fresh stalks. If you can't find lemongrass, you may substitute lemon peel (½ teaspoon peel for 1 tablespoon chopped lemongrass).

FISH OF SUBTLE FLAVORS

Pounding the lemongrass stalks releases their lemony essence into the poaching liquid. The stalks themselves make a rack on which to rest the fish.

- 1 lb. fresh or frozen orange roughy, trout, red snapper, or salmon fillets
- 1 lb. asparagus spears
- 2 large stalks lemongrass, trimmed and cut in half crosswise
- 1 cup water
- 1 tsp. instant chicken bouillon granules
- ⅛ tsp. pepper
- Pinch ground or thread saffron, crushed
- 1 medium yellow sweet pepper, cut into bite-size strips
- ½ cup dry white wine
- 2 tsp. cornstarch
- 2 Tbsp. sliced almonds, toasted
- Chive stems (optional)

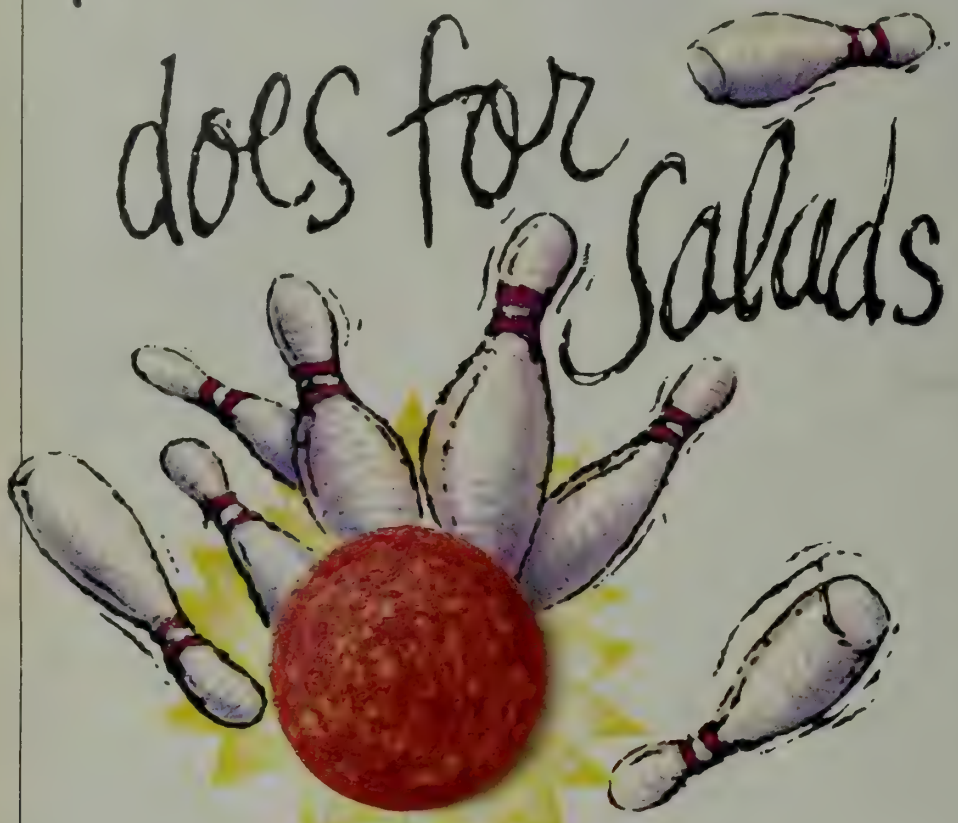
Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut fillet into 4 serving-size pieces; set aside. Break off and discard the woody bases of asparagus where spears snap easily; set spears aside. Pound lemongrass lightly with a meat mallet to bruise.

In a 10-inch skillet combine lemongrass, water, bouillon granules, pepper, and saffron. Bring to boiling; reduce heat. Carefully add fish to skillet (see photo, page 242). Cook, covered, for 2 minutes. Place asparagus and yellow pepper on top of fish; simmer, covered, 4 to 6 minutes more or till fish flakes easily with a fork. Using a slotted spatula,

continued on page 242


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Pepperoni Caesar Salad

Bowl 'em over with the best-tasting Caesar salad ever.

8 cups romaine lettuce, torn into bite-sized pieces
1 cup sliced Hormel® Pepperoni
¾ cup shredded Parmesan cheese
¼ teaspoon cracked black pepper
1½ cups croutons

In large bowl, combine ingredients and toss with Caesar dressing. Serves 4.

To make Caesar dressing, blend these ingredients on high until well-mixed:
6 tablespoons olive oil
2 tablespoons red wine vinegar
1 tablespoon mayonnaise
2 cloves garlic
½ teaspoon Dijon mustard
¼ teaspoon Worcestershire sauce





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Big Flavors

continued from page 240

transfer fish and vegetables to a serving platter, reserving liquid in skillet; discard lemongrass. Keep fish and vegetables warm. Stir together wine and cornstarch. Stir into liquid in skillet. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Serve sauce with fish and vegetables. Sprinkle with toasted almonds. Garnish with chives, if desired. Makes 4 servings.

Nutrition facts per serving: 210 cal., 6 g total fat (1 g sat. fat), 65 mg chol., 253 mg sodium, 8 g carbo., 2 g fiber, and 27 g pro. Daily Values: 8% vit. A, 177% vit. C, 9% calcium, and 19% iron.



The lemongrass becomes the "rack" on which to steam the fish.

LEMON-LIGHT SPRING SOUP

After imparting a slightly spicy citrus flavor, the woody stalks of lemongrass are strained out, leaving a light broth to showcase delicate enoki mushrooms and spring's best asparagus.

- 3 cups chicken broth
- 2 large stalks lemongrass, cut into 2-inch pieces
- 2 Tbsp. snipped cilantro
- ⅛ to ¼ tsp. pepper
- ½ lb. asparagus spears, trimmed and cut into bite-size pieces
- 1 cup enoki mushrooms (3.5-oz. pkg.) or sliced button mushrooms
- ½ cup sliced green onion

In a medium saucepan combine the chicken broth, lemongrass, cilantro, and pepper; bring mixture to boiling. Reduce heat to low and simmer, covered, for 15 minutes. Strain broth, discarding solids; return broth to pan.

Return broth to boiling. Add asparagus, button mushrooms, if using, and green onion. Cover and simmer about 5 minutes or till asparagus is tender.

Remove from heat. Stir in the enoki mushrooms, if using. Serve soup immediately. Makes 4 appetizer-size servings.

Nutrition facts per serving: 55 cal., 1 g total fat (0 g sat. fat), 1 mg chol., 585 mg sodium, 6 g carbo., 1 g fiber, 6 g pro. Daily Values: 6% vit. A, 31% vit. C, 2% calcium, and 5% iron.

JUMPIN' GINGER BUTTER

You've enjoyed garlic butter on everything from crusty bread to escargot. As a change of pace, trade up to ginger and bring new zest to grilled fowl, fish, and vegetables, or rice and pasta. We love it slathered on corn muffins.

- ½ cup butter, softened
- 2 Tbsp. thinly sliced green onion
- 1 Tbsp. grated gingerroot
- 1 tsp. bottled minced garlic
- 1 tsp. light soy sauce

In a small mixing bowl stir together the softened butter, sliced green onion, gingerroot, garlic, and soy sauce. Cover and chill the butter mixture till almost firm, allowing about 1 hour in the refrigerator or about 20 minutes in the freezer.

On plastic wrap or waxed paper, shape the chilled mixture with a knife into two 4-inch-long logs. Fold wrap over logs and push back against logs to round their shapes (see photo, above). Wrap in the plastic wrap. If necessary, chill again and roll to smooth.

Rewrap the logs and chill till serving time. Store for up to 1 week in the refrigerator. To serve, cut into ¼-inch-thick slices. Makes ½ cup.



One hand keeps the plastic wrap taut while the other does the shaping.

Nutrition facts per tablespoon: 102 cal., 11 g total fat (7 g sat. fat), 31 mg chol., 138 mg sodium, 0 g carbo., 0 g fiber, and 0 g pro. Daily Values: 10% vit. A, 0% vit. C, 0% calcium, and 0% iron.

CHILLY FRUIT SOUP

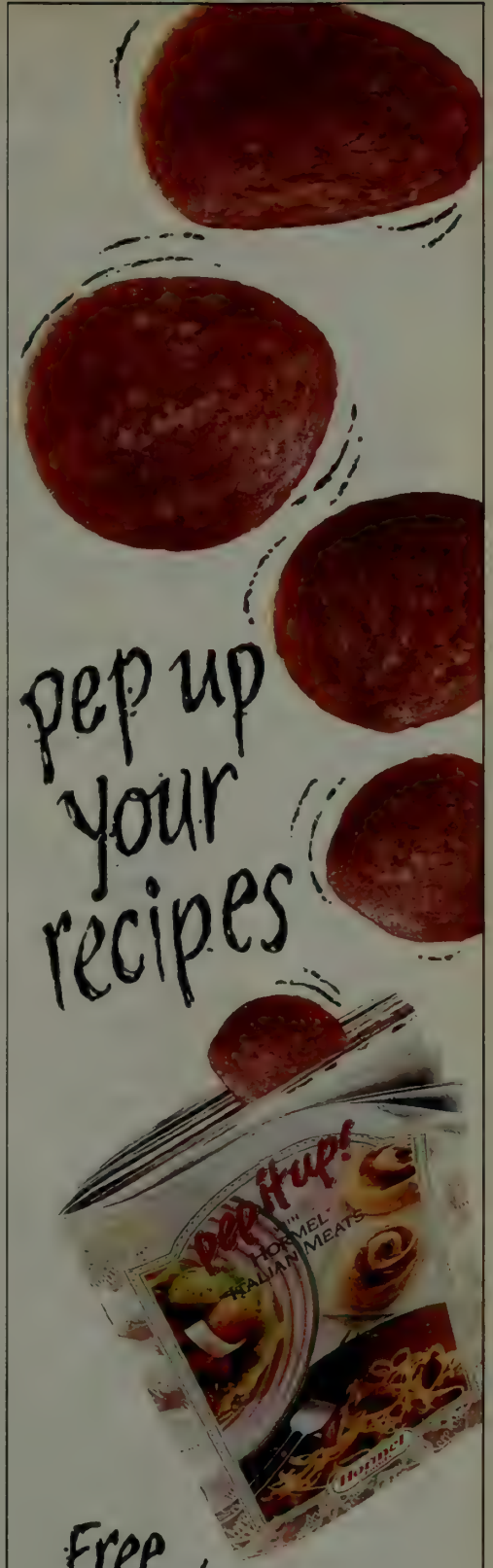
The pretty hue of this cool bowl of pleasure comes from a blissful blend of rhubarb and cantaloupe. A hidden kick of pepper sneaks in with the gingerroot.

- ½ cup sugar
- ¼ cup water
- 1 Tbsp. grated gingerroot
- ⅛ tsp. pepper
- 2 cups fresh or frozen rhubarb, cut into ½-inch-thick slices
- 1 medium cantaloupe, peeled, seeded, and cut up (about 4 cups)
- ¾ cup orange juice
- 1 8-oz. carton plain low-fat yogurt
- Fresh mint (optional)

In a medium saucepan combine sugar, water, gingerroot, and pepper; bring to boiling. Add rhubarb. Return to boiling; reduce heat. Cover and simmer about 5 minutes or till rhubarb is tender. (Do not drain.) Remove from heat; let cool.

In a blender container or food processor bowl,* place about *half* of the cantaloupe and *half* of the orange juice. Cover and blend or process till smooth. Add about *half* of the cooled rhubarb mixture and *half* of the yogurt. Cover and process till

continued on page 244



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Hormel Foods

continued from page 243

smooth. Transfer to a large bowl. Repeat with remaining portions.

Cover and chill soup in the refrigerator for several hours or till cold. To serve, ladle soup into individual bowls. Garnish with fresh mint, if desired. Makes 6 (1-cup) servings.

**Note:* If using a food processor, you may need to process *one-third* at a time, especially if the bowl has a smaller capacity.

Nutrition facts per serving: 149 cal., 1 g total fat (0 g sat. fat), 2 mg chol., 39 mg sodium, 34 g carbo., 2 g fiber, 4 g pro. Daily Values: 36% vit. A, 106% vit. C, 9% calcium, 2% iron.

GINGERROOT

Gingerroot is to Chinese food as garlic is to Italian. This dried root of a tropical Asian plant was praised by Confucius as early as 500 B.C. By 1650, it had reached the New World, where its slightly hot, spicy taste made a hit in cakes and cookies. But its zippy flavor and aroma are too wonderful to stop there.

Fresh gingerroot is more hot and spicy than ginger in its ground form. In your grocer's produce section, look for a root with firm "fingers" that contains no soft spots.

Dice, sliver, mince, or grate the root, as your recipe directs; peeling isn't necessary. Refrigerate any unused portion in a paper bag for several days. Or, place the gingerroot in a moisture- and vapor-proof plastic bag and freeze. Then, simply grate or slice the frozen root as needed and immediately refreeze the unused portion.

Here are some ideas for using gingerroot: Grate it into salad dressings, barbecue sauces, stir-fries, and curries. Chop it for marinades, or rub the root directly onto pork, beef, or chicken before roasting. Add a few thin slices to hot tea. Call on gingerroot to awaken soups and vegetables. Add it to baked items. Use gingerroot to flavor an ice cream or sorbet recipe, or doll up a sundae by adding some to a hot fudge or custard sauce.

To substitute fresh gingerroot for ground ginger in a recipe, use 1 teaspoon grated gingerroot to replace ¼ teaspoon ground ginger.

GINGER BERRY SORBET

While strawberries steep in sugar and lemon juice, gingerroot and lemon peel impart their zest to boiling water.

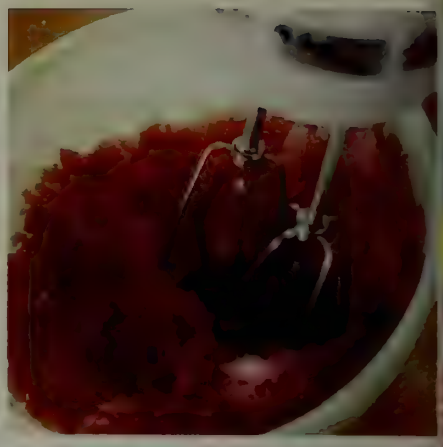
- 1 cup sliced fresh strawberries
- ½ cup sugar
- 4 thin strips lemon peel (about 2x½ inches each)
- 3 Tbsp. lemon juice
- ½ cup boiling water
- 3 Tbsp. grated gingerroot
- 1½ cups cold water
- 2 Tbsp. light-colored corn syrup
- Few drops red food coloring (optional)
- Fresh sliced strawberries (optional)

In a medium mixing bowl combine the 1 cup strawberries, sugar, and lemon juice. Cover and refrigerate for at least 1 hour. Meanwhile, in a small mixing bowl pour boiling water over gingerroot and lemon peel; let stand for 15 minutes. Strain the mixture, pressing to extract liquid. Discard the solids; refrigerate the liquid about 1 hour or till chilled.

In a blender container or food processor bowl, cover and blend or process the strawberry mixture till smooth. If necessary, transfer mixture to another bowl. Stir in the chilled gingerroot liquid, the cold water, corn syrup, and red food coloring, if desired.

Transfer the mixture to an ice-cream maker and freeze according to the manufacturer's directions, or freeze in your refrigerator freezer.* To serve, garnish with fresh strawberries, if desired. Makes 10 servings (about 5 cups).

**Refrigerator freezer directions*: Turn mixture into a 9x9x2-inch pan. Cover; freeze till firm. Break mixture into chunks with a large metal spoon. Turn into a chilled mixing bowl. Beat with electric mixer on low speed till slightly slushy, then on medium to high speed till smooth and fluffy (see photo, above). Return to pan; cover and freeze firm.



After freezing in your refrigerator freezer, first beat chunks of the mixture on low speed till slightly slushy, then increase speed to fluff and smooth the sorbet.

Nutrition facts per serving: 58 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 15 g carbo., 0 g fiber, 0 g pro. Daily Values: 0% vit. A, 19% vit. C, 0% calcium, and 1% iron.

CHILI PEPPERS

Chili peppers were mentioned in a Ladies Aid cookbook, circa 1922, as a source of the "peculiar but delicious flavor" behind Mexican sauces. Today, with salsa rivaling catsup in popularity, it's evident that the "delicious" part of the equation is winning the vote.

The potency of chili peppers soars from mild to lethal. The jalapeño is our most commonly used hot pepper. If it proves too fiery for your liking, replace it with a milder green chili such as the New Mexico or Anaheim. The serrano, kin to the jalapeño, is more potent. Hottest of all is the habañero.

As green chili peppers mature, they become redder, mellower, and sweeter, but not milder. Some chili peppers are roasted and canned. Others, such as the mild to medium-hot poblano, are allowed to dry, then packaged whole, crushed, or ground. (When dried, the dark green poblano becomes a mahogany-toned pepper now called ancho.) What's

continued on page 248

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How to enter the Pots, Pans 'n' Cans Recipe Contest:

1. Kids (ages 8 to 13) can pick from one or more categories and enter as many times as they like, as long as each recipe is different and original (not from a cookbook).

2. All that's required is the use of at least **one canned ingredient** in each recipe. Kids don't even have to know how to cook! But, adult supervision is required in the kitchen.

3. Type (or neatly print) the recipe on an 8 1/2" X 11" piece of paper, including a complete list of ingredients and directions, exact measurements, cooking temperature and time (if applicable) and the can size (in ounces) for canned food ingredients.

4. The entry must list the category and be accompanied by a nonreturnable photograph of the dish, and include the entrant's name, age, address, zip code and phone number.

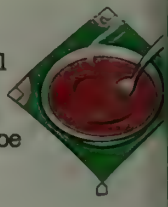
5. Send your entry to: **Pots, Pans 'n' Cans Recipe Contest,** c/o *Better Homes and Gardens* Test Kitchen; 1716 Locust Street; Des Moines, Iowa 50309. Deadline for entries is May 31, 1996.

SAFETY FIRST! Parent or guardian must sign each entry, indicating he/she has helped to supervise the entrant in the kitchen.

CONTEST CATEGORIES



Edible Art Be both an artist and a ch try building a pyramid sandwich! Or ma create a self-portrait using canned fruits vegetables. Get those creative juices flowing!



Home Plate Prepare an original recipe that has been handed down through your family. Maybe it's grandma's delicious spinach lasagna or dad's famous chili; maybe it's something completely different.



Power Munch Power up with an after-scl snack that's quick, delicious and good for you. I about a fruit smoothie using yogurt and canned fr or "fruit on a stick" rolled in coconut? You're the bo

A few rules to remember ... so read carefully:

Official Rules NO PURCHASE NECESSARY. Entries must be neatly printed or typed on an 8 1/2" X 11" piece of paper and include a complete list of ingredients and directions, including exact measurements, cooking temperature and time (if app and the can size (in ounces) for canned food ingredients, and one of the categories, and be accompanied by a nonreturnable photograph of the dish and include entrant's name, age, address, zip code and phone number. 2. Recipes must be origi unpublished. Entries must be received by May 31, 1996. Mail one entry per envelope to: **Pots, Pans 'n' Cans Recipe Contest,** c/o ***Better Homes and Gardens*** Test Kitchen, 1716 Locust Street, Des Moines, Iowa 50309. 3. Entrants must be U dents between the ages of 8 and 13 and must have parental or guardian approval to enter. Parent or guardian must sign entry, indicating he/she has helped to supervise the child in the kitchen. 4. Employees of the American Iron and Steel In Meredith Corporation, their agents, affiliates, subsidiaries, and immediate families, and their advertising or promotion agencies and those who prepare food and/or recipes on a professional basis are not eligible. 5. All entries and materials submitted become the property of the Steel Packaging Council and will not be returned or acknowledged. All rights, titles and interest, including copyright rights to winning recipes shall belong to the Steel Packaging Council. The Steel Packaging Council reserves the right to edit, reject, publish, judge, condense and excerpt winning entries without attribution or further consideration. 6. Entries will be judged on taste, eye appeal, use of canned ingredients and creativity. Judging will be conducted by the *Better Homes and Gardens* Test Kitchen and representatives from the Steel Packaging Council on or about June 14, 1996. All decisions of the judges are final. One winner will be selected as the grand prize winner and will receive a $2,000 Series EE savings bond. Three category winners will be selected and will each receive a $1,000 Series EE savings bond. A total of 15 honorable mentions (5 from each category) will receive the ***Better Homes and Gardens*** [illegible] Cookbook." Winners will be notified by mail. Prizes are not transferable. 7. Entry constitutes permission to use winner's entry, name, likeness and photograph for public relations purposes on behalf of the Steel Packaging Council, except where prohibited by law. Winners' parents/guardians will be required to sign an Affidavit of Eligibility, Release and an Assignment of Copyright within [illegible] of notification. 8. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners. 9. For prize winners list [illegible] send a separate self-addressed, stamped envelope to: **Pots, Pans 'n' Cans Recipe Contest,** c/o ***Better Homes and Gardens***, 125 Park Avenue, New York, NY 10017.

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MEDITERRANEAN *Couscous* SALAD

n (13-3/4 ounces) vegetable broth
p packaged couscous
n (10 ounces) chickpeas (garbanzo beans), drained
p sliced green onions, including tops
p (4 ounces) crumbled feta cheese
n (2-1/4 ounces) sliced ripe olives, drained
cup prepared Italian vinaigrette dressing
uce

In a medium saucepan, bring *vegetable broth* to a boil. Stir in *couscous*. Remove pan from heat, cover and let stand 5 minutes. Transfer *couscous* to large bowl and fluff with fork. Let stand 5 minutes, then fluff again. Mix in *chickpeas, onions, cheese* and *olives*. Pour *dressing* over mixture and toss lightly with a fork. Serve on a bed of *lettuce*. Serves *6*.

Nutrition Information Per Serving:
402 calories; *26g* fat; *34mg* cholesterol; *1172mg* sodium; *36g* carbohydrate; *8g* fiber; *10g* protein

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Big Flavors

continued from page 244

sold as chili powder is actually a blend of ground mild chili pepper and other spices.

You can grow chili peppers as you would a sweet green pepper, or find them in the produce section of your supermarket. Choose firm-fleshed, unblemished peppers; remove the stems, seeds, and inner ribs to temper the fire somewhat, if desired.

To work with chili peppers, wear rubber gloves and refrain from touching your eyes or other sensitive body parts. After use, wash your knife and cutting surface thoroughly with warm, soapy water.

Some chili peppers, especially the young, green ones, can be eaten raw. Call on these peppers to add pizzazz to guacamole and tomato sauces, mustard, mayonnaise, corn bread, eggs, beans, and ground meat.



HOTCHA CHOCOLATE TORTE

Dense, rich chocolate tortes are all the rage. What gets your attention here is a hidden hint of ancho pepper—just enough to make you sit up and smile.

- 8 oz. bittersweet or semisweet chocolate, cut up
- 1 to 2 Tbsp. freshly ground ancho pepper* or purchased ancho chili powder
- 6 egg yolks
- 2 Tbsp. all-purpose flour
- 6 egg whites
- ⅓ cup sugar
- 1 recipe Raspberry Sauce (see recipe, right)
- Powdered sugar (optional)
- Fresh raspberries (optional)

Preheat oven to 350°. Grease and lightly flour a 10-inch springform pan. In a small heavy saucepan melt chocolate over low heat, stirring constantly. Remove from heat and stir in the ancho pepper or chili powder; set aside.

In a medium mixing bowl beat egg yolks with an electric mixer on high speed about 5 minutes or till thick and lemon-colored. By hand, fold the cooled chocolate mixture into the egg yolk mixture; then gently fold in flour. Set aside.

Wash beaters thoroughly. In a large mixing bowl beat the egg whites with the electric mixer on medium speed till soft peaks form (tips curl). Gradually add the ⅓ cup sugar; beat till stiff peaks form (tips stand straight).

By hand stir about *1 cup* of the beaten egg white mixture into chocolate mixture to lighten (see photo, page 250). Fold chocolate mixture into remaining egg white mixture. Turn into prepared pan. Bake for 25 to 30 minutes or till set and a toothpick inserted near the center comes out clean. Cool on a wire rack. (The center will fall during cooling.)

Run a sharp knife around the edge of the torte; remove side of the springform pan. To serve, dust with powdered sugar, if desired. Cut torte into thin wedges. If desired, serve atop a pool of Raspberry Sauce; garnish with fresh berries. Makes 12 to 16 servings.

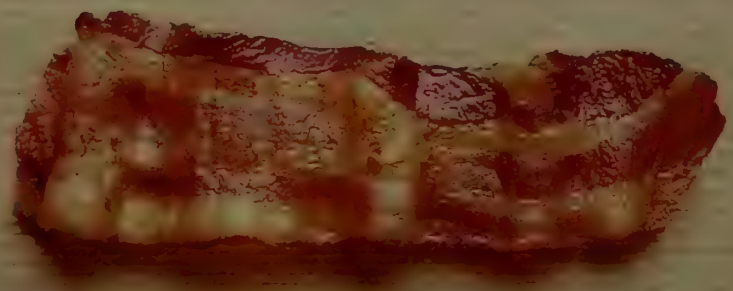
**Note:* Remove stem and seeds from ancho peppers; snip peppers into bits. Place in a coffee grinder and grind till the size of finely ground pepper. (One large ancho pepper yields about 2 teaspoons ground pepper.) Clean coffee grinder thoroughly.

Raspberry Sauce: In a blender container or food processor bowl combine 4 cups raspberries and ¼ cup sifted powdered sugar; cover and blend or process till smooth. Strain to remove seeds. Cover and chill till serving time. Makes about 1¼ cups.

Nutrition facts per serving: 184 cal., 9 g total fat (5 g sat. fat), 107 mg chol., 38 mg sodium, 25 g carbo., 3 g fiber, 5 g pro. Daily Values: 19% vit. A, 17% vit. C, 2% calcium, 9% iron.

continued on page 250

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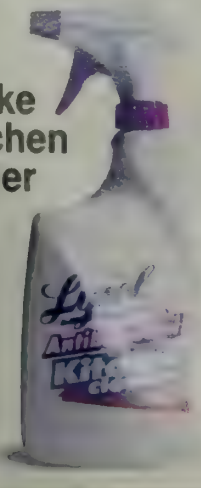
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Big Flavors

continued from page 249



To make folding the dense chocolate mixture into the fluffy egg whites easier, first lighten the chocolate by stirring in 1 cup of the egg white mixture.

FISH TACOS WITH MANGO SALSA

Vibrant with cilantro and jalapeño peppers, this fruity salsa takes on a Jamaican beat with jerk-spiced fish. It's equally successful with pork or chicken and a boost to rice and beans.

- 8 6-inch flour tortillas
- 1 lb. fresh or frozen swordfish or halibut steaks, cut 1 inch thick
- ½ tsp. Jamaican jerk seasoning
- 2 cups shredded fresh spinach or lettuce
- 1 recipe Mango Salsa (see recipe, right)
- Fresh spinach leaves (optional)

Wrap tortillas in foil. Place at the edge of the grill. Heat for 10 minutes over medium-hot coals, turning occasionally. Meanwhile, slice fish into ¾-inch slices; sprinkle with Jamaican jerk seasoning. Place strips in a lightly greased grill basket. Grill directly over medium-hot coals for 8 to 10 minutes or till fish flakes easily, turning the basket once. Fill each tortilla with spinach, fish, and Mango Salsa. If desired, serve on spinach leaves. Makes 8 tacos (4 main-dish servings).

Broiling directions: Place seasoned fish slices on the greased unheated rack of a broiler pan. Broil 4 inches from the heat for 5 minutes; turn fish. Broil for 3 to 7 minutes more or till fish flakes easily with a fork. Meanwhile, wrap tortillas in foil. Heat package on lower rack of oven for final 5 to 7 minutes.

Mango Salsa: In a large mixing bowl combine 1 large mango, peeled and chopped; 1 large tomato, seeded and chopped; 1 small cucumber, seeded and chopped; 1 thinly sliced green onion; 2 to 4 tablespoons snipped cilantro; 1 jalapeño pepper, seeded and chopped; and 1 tablespoon lime juice. Cover and refrigerate till serving time. Serve with a slotted spoon. Makes about 3 cups.

Nutrition facts per serving: 418 cal., 10 g total fat (2 g sat. fat), 45 mg chol., 463 mg sodium, 52 g carbo., 3 g fiber, 30 g pro. Daily Values: 46% vit. A, 63% vit. C, 11% calcium, and 28% iron.

CILANTRO

Cilantro is the name given to the thin, lacy leaves of the coriander plant—a daintier version of its kissin' cousin, parsley. Some say cilantro's flavor is like parsley's, but more pungent. To others, it recalls a robust blend of sage and citrus. Naysayers of this love-it-or-loathe-it leaf claim it tastes like soap. Whatever. Cilantro adds a fresh taste to Indian, Chinese, and Latin American cooking when snipped into dishes just like parsley. Left whole, its frilly leaves make a beautiful garnish.

It's easy to grow cilantro in a garden plot or windowsill pot. Or, find it, bunched like parsley, in the produce section. Look for leaves that appear perky and have no brown discoloration. Before using, wash stems and leaves, then shake dry.

You can store cilantro for up to 1 week in the refrigerator by giving the stems a fresh cut, then plunging them into a jar of water 2 inches deep; cover the leaves loosely with a plastic bag or wrap. Or, simply store the bunch in a plastic bag in your refrigerator's vegetable drawer. Freeze the excess bounty in a freezer container or moisture- and vapor-

proof plastic bag. (The herb may lose some of its bright color). No need to thaw before using—just add directly to the dish you're cooking. To substitute dried cilantro for fresh herb, use one-third the amount.

Enjoy cilantro in guacamole, salsa, soups, stir-fries, curries, bean dishes, and salads (try it to freshen potato, egg, and tuna salads). Or, use it to flavor omelets and vegetables such as tomatoes, onions, corn, and cauliflower. It's a nice alternative to basil in a pesto sauce, too.

SINGAPORE BEEF SLAW

Cilantro holds a high place in the pantheon of Asian flavors. Our slaw of crunchy veggies topped with marinated beef brings the tasty concept home. A shower of toasted cumin seed adds another new dimension.

- 12 oz. boneless beef sirloin steak, cut 1 inch thick
- 3 Tbsp. salad oil
- 2 Tbsp. cider vinegar
- ¼ cup snipped cilantro
- 1 tsp. sugar
- 1 clove garlic, minced
- ⅛ to ¼ tsp. crushed red pepper flakes (optional)
- 4 cups shredded cabbage
- 1 cup peeled, thin jicama strips
- 1 medium red sweet pepper, cut into thin bite-size strips
- ½ to 1 tsp. toasted cumin seed*
- Coarsely shredded carrot (optional)
- Lime wedges (optional)
- Cilantro leaf (optional)

Place meat on the unheated rack of a broiler pan. Broil 3 inches from heat for 13 to 17 minutes or to desired doneness, turning once. When meat is cool enough to handle, cut into bite-size strips; set aside.

For marinade, in a medium mixing bowl combine salad oil, vinegar, cilantro, sugar, garlic, and crushed red pepper, if desired. Add steak slices; stir to moisten. Cover tightly with plastic wrap and marinate in the refrigerator for 6 to 24 hours. At serving time, in a large serving dish combine meat with the marinade, cabbage, jicama, and sweet red pepper; toss gently to coat. Sprinkle toasted cumin seed atop salad. If desired, garnish with shredded carrot. Serve with lime wedges and cilantro, if desired. Makes 4 main-dish servings.

**Note:* To toast cumin seed, place on a baking pan and bake in 350° oven for about 8 minutes or till seeds are lightly browned.

Nutrition facts per serving: 292 cal., 18 g total fat (5 g sat. fat), 57 mg chol., 59 mg sodium, 12 g carbo., 2g fiber, and 21 g pro. Daily Values: 22% vit. A, 143% vit. C, 4% calcium, and 21% iron.

SUNBELT SHRIMP SALAD

Use the remainder of this zesty dressing as a marinade for meat, poultry, or fish. Or, toss it with robust greens and vegetables for another salad option.

- ½ cup rice vinegar
- ⅓ cup salad oil
- 2 Tbsp. brown sugar
- 1 Tbsp. chopped lemongrass
- 2 tsp. sesame oil
- 8 cups torn mild-flavored lettuce, such as Bibb or leaf
- ¾ lb. peeled and deveined cooked shrimp with tails attached, chilled (about 16)
- 1 large avocado, halved, seeded, peeled, and sliced lengthwise
- 1 large mango, halved, seeded, peeled, and cubed
- ¼ cup chopped green onions
- ¼ cup feta cheese or farmer cheese, crumbled or shredded

For dressing, in a small bowl combine rice vinegar, salad oil, brown sugar, chopped lemongrass, and sesame oil; set dressing aside. Divide lettuce among 4 individual serving plates. Arrange shrimp, avocado, and mango atop lettuce. Drizzle each serving with *2 tablespoons* dressing. (Chill and reserve remaining dressing for another use.) Sprinkle with green onions and cheese. Makes 4 main-dish servings.

continued on page 252



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Big Flavors

continued from page 251

Nutrition facts per serving: 355 cal., 20 g total fat (3 g sat. fat), 173 mg chol., 238 mg sodium, 24 g carbo., 5 g fiber, 23 g pro. Daily Values: 54% vit. A, 71% vit. C, 15% calcium, and 32% iron.

CUMIN

Cumin (pronounced "come in") is the spice that makes it hard to say "no" when walking by a taco stand. Its nutty, earthy aroma spells comfort food, Mexican style. This tiny, toast-colored seed of an annual herb in the parsley family is grown mainly in India and the Middle East. Spaniards brought cumin to the New World, where it quickly took fire and became an anchor of Mexican cooking.

Cumin's slightly bitter, spicy (but not hot) flavor is the backbone of chili and curry powders. It also works its magic in Caribbean food. Try it with ground meats, sausages, stews, and bean dishes. Or, use it to season veggies, chutneys, dips, and salad dressings.

Toasting the seeds lends them a pleasant, smoky essence. To toast, place them in a small frying pan over low heat; cook, stirring, for 5 minutes. Or, spread them on a cookie sheet and toast in a 350° oven about 10 minutes or till brown and aromatic, stirring occasionally.

Most spices retain their flavor better when stored whole in airtight containers; this is especially true of cumin. Use the seeds whole or grind in a coffee grinder (clean it carefully after use, unless you're a fan of cumin-flavored coffee), a blender, a mortar and pestle, or with a hammer and cutting board.

SIZZLING VEGETABLE SANDWICH

A bun's worth of grilled veggies graduates from fare to fun to hurrah with a glop of Cumin Mayo.

- 1 small eggplant, cut lengthwise into ½-inch slices
- 1 medium zucchini, cut lengthwise into ¼-inch slices
- 1 medium yellow squash, cut lengthwise into ¼-inch slices
- 1 medium sweet red pepper, seeded and cut into ½-inch strips
- 1 small onion, cut into ½-inch-thick slices
- ⅓ cup olive oil
- 4 poppyseed Kaiser buns, split
- ¼ cup Cumin Mayo (see recipe, right)

Brush eggplant, zucchini, squash, pepper, and onion with some of the olive oil. Place onion slices on a long metal skewer. Grill onion over medium coals for 5 minutes. Add remaining vegetables and grill for 12 to 15 minutes more or till vegetables are tender, turning once. (If some vegetables cook more quickly than others, remove and keep warm.)

Meanwhile, brush the split sides of the buns with remaining olive oil; grill, split sides down, till toasted, about 1 minute.

Layer roasted vegetables atop bottom halves of buns. Spread top layer with about 1 tablespoon Cumin Mayo; cover with tops of buns. Makes 4 servings.

Broiler method: Brush vegetables with some of the olive oil. Place half of the vegetables on the rack of a broiler pan. Broil 3 to 4 inches from the heat for 12 to 15 minutes or till vegetables are tender, turning once. Remove and repeat with remaining vegetables. Cover broiled vegetables to keep warm. Toast buns under broiler about 1 minute.

Nutrition facts per serving: 405 cal., 25 g total fat (3 g sat. fat), 0 mg chol., 347 mg sodium, 40 g carbo., 3 g fiber, 8 g pro. Daily Values: 16% vit. A, 60% vit. C, 6% calcium, 17% iron.



To keep mixture from separating, with the blender running, very gradually add the oil in a thin, steady stream.

CUMIN MAYO

Cumin is the big reason this easy mayo is worlds beyond mere sandwich-filler. Use it to give grilled pork or chicken a new lease on life, or thin with a little milk to dress a Southwestern salad.

- ¼ cup refrigerated or frozen egg product, thawed
- 2 Tbsp. lime juice
- 1 clove garlic, cut up
- 1 tsp. cumin seed, crushed
- ¼ tsp. salt
- ¾ cup salad oil

In a blender container or small food processor bowl combine the egg product, lime juice, garlic, cumin, and salt. Cover and blend or process the mixture for a few seconds till combined. With blender or processor running, gradually add oil in a thin, steady stream (see photo, left). When necessary, stop machine and scrape down sides of the container. Store mayonnaise in a covered container in the refrigerator for up to 2 weeks. Makes about 1¼ cups.

Nutrition facts per tablespoon: 70 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 32 mg sodium, 0 g carbo., 0 g fiber, 0 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 0% iron.

Easy Cumin Mayo: Stir together 1 cup purchased light mayonnaise dressing, 2 tablespoons lime juice, 1 clove minced garlic, and 1 teaspoon cumin seed, crushed.

Nutrition facts per tablespoon: 41 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 88 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 0% iron.

continued on page 25

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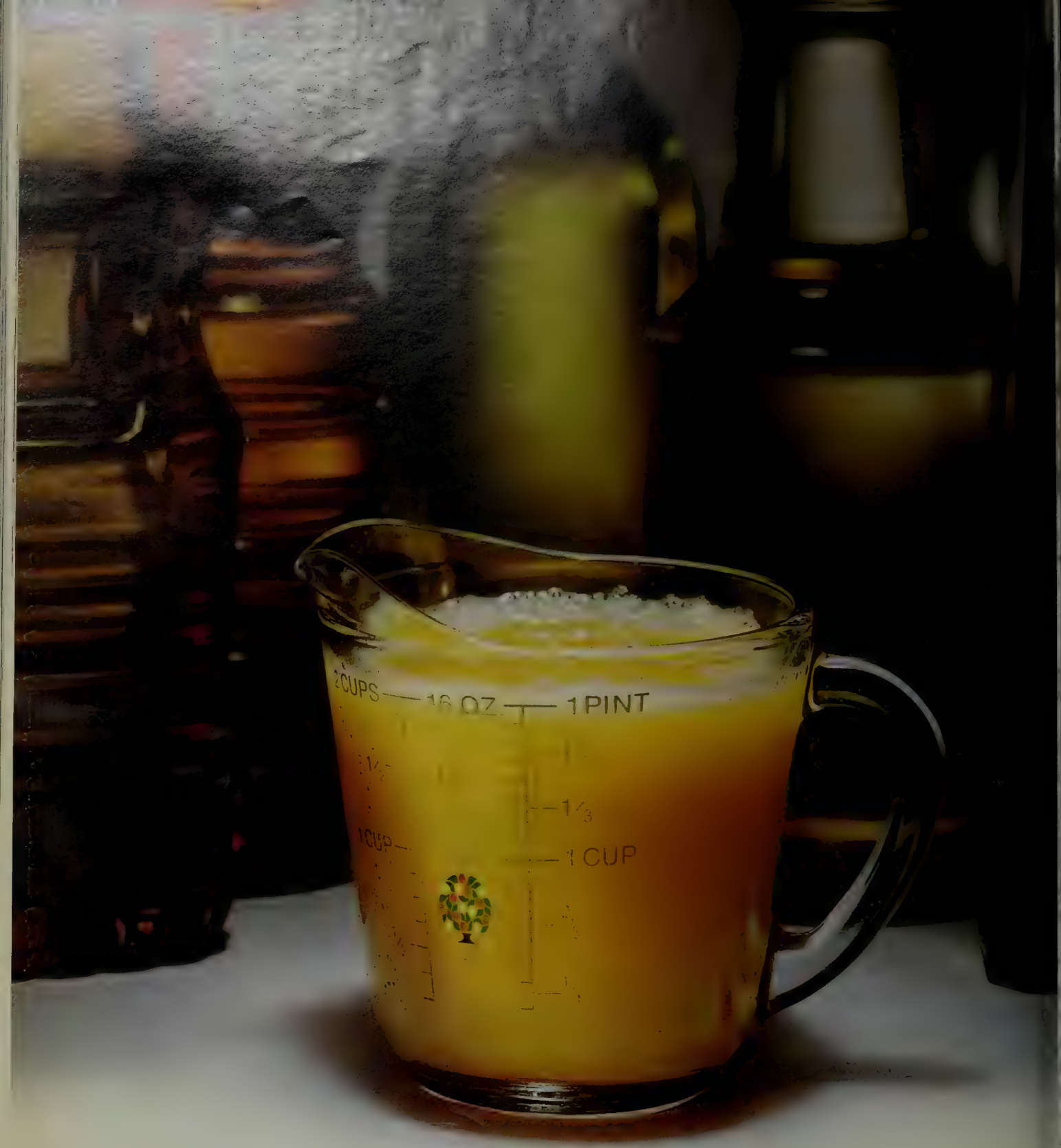


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FLORIDA CUISINE

Big Flavors

Continued from page 252



For a change of flavor, parsley may be substituted for some of the cilantro in this pesto.

NOUVEAU PESTO

Serve this sesame-cilantro take-off atop grilled chicken, meaty fish, or vegetables, or toss with hot cooked pasta.

- ¼ cup toasted sesame seed
- 2 cups firmly packed fresh cilantro*
- 2 cloves garlic, quartered
- 2 tsp. lime juice
- ¼ tsp. salt
- ¼ tsp. pepper
- ⅓ cup olive oil

Place sesame seed in a blender container or food processor bowl. Cover and blend or process about 30 seconds or till almost ground. Add cilantro (and parsley, if using), garlic, lime juice, salt, and pepper; blend or process with several on-off turns. With machine running, gradually add olive oil, blending or processing till mixture is smooth. Store in a covered container in the refrigerator up to 1 month or freeze for up to 1 year. Before serving, bring to room temperature and stir. Makes ½ cup.

**Note:* Use part parsley, if desired.

Nutrition facts per tablespoon: 106 cal., 11 g total fat (1 g sat. fat), 0 mg chol., 69 mg sodium, 1 g carbo., 0 g fiber, 1 g pro. Daily Values: 9% vit. A, 1% vit. C, 1% calcium, 3% iron. ⌂

nutrition information

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

NUTRITION FACTS WITH EVERY RECIPE

With each recipe, we give important nutrition facts. You'll find the calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein. You can also check the levels of each recipe serving for vitamins A and C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration.

HOW WE ANALYZE

- The analysis does not include optional ingredients.
- We use the first serving size listed when a range is given (such as "makes 4 to 6 servings").
- When ingredient choices appear in a recipe (such as "margarine or butter"), we use the first one mentioned for analysis.
- When milk is an ingredient in a recipe, the analysis is calculated using two-percent milk.

WHAT YOU NEED

Use our analyses to chart the nutritive value of the foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive to eat each day. There's no real harm in going over or under these guidelines in any single day, but it's a good idea to aim for a balanced diet over time.

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams ⌂

Berry Dreams

continued from page 232

HEAVENLY CHEESECAKE

Celebrate May Day with slices of this sweet sensation. (Just remember to start the Yogurt Cheese a day or more ahead.)

- 2½ cups Yogurt Cheese (see recipe, at right)
- 1 cup finely crushed gingersnaps (about 20 cookies)
- 1 cup finely crushed vanilla wafers (about 25 cookies)
- 1 Tbsp. all-purpose flour
- ¼ cup margarine or butter, melted
- ¾ of an 8-oz. pkg. (6 oz.) reduced-fat cream cheese (Neufchâtel), softened
- 1 cup sugar
- 1½ tsp. finely shredded orange peel (set aside)
- 1 Tbsp. orange juice
- 3 eggs or ¾ cup refrigerated or frozen egg product, thawed
- 1½ tsp. grated gingerroot
- ⅓ cup strawberry jelly
- 2 cups sliced strawberries
- 1 cup orange segments

Prepare the Yogurt Cheese at least one day ahead.

For crust, in a mixing bowl combine crushed gingersnaps, wafers, and flour. Drizzle with melted margarine or butter. Toss to mix well. Press crumb mixture onto the bottom and 1½ inches up the sides of an 8-inch springform pan. Bake in a 350° oven for 5 minutes.

For filling, in a mixing bowl combine Yogurt Cheese, cream cheese, the 1 cup sugar, and orange juice; beat with an electric mixer on medium speed till smooth. Add eggs; beat on low speed just till combined. Stir in the orange peel and gingerroot. Pour batter into crust.

Bake in a 350° oven about 50 minutes or till the center appears set when shaken. Cool for 2 hours on a wire rack. Use a flexible metal spatula to loosen the crust from the sides of the pan. Cool for 30 minutes more; remove the sides of the pan. Cool on a wire rack. Chill for several hours.

For topping, melt jelly in a small saucepan over low heat. Cool slightly. In a bowl stir together strawberries and orange segments. To serve, slice cheesecake. Top each serving with fruit. Drizzle with cooled jelly. Store any remaining cheesecake in the refrigerator. Makes 10 servings.

Nutrition facts per serving: 404 cal., 13 g total fat (5 g sat. fat), 85 mg chol., 342 mg sodium, 59 g carbo., 1 g fiber, 14 g pro. Daily Values: 15% vit. A, 48% vit. C, 29% calcium.

Compare: A typical cream cheese-based cheesecake with fruit sauce contains 32 grams fat per serving.

Yogurt Cheese: Spoon 56 ounces plain nonfat yogurt* into a 100 percent cotton cheesecloth-lined sieve or colander set over a large bowl. Let yogurt stand in refrigerator about 15 hours or overnight. Discard liquid in bowl. To store, wrap Yogurt Cheese in plastic wrap and chill for up to 4 days. Makes about 2½ cups.

Note: Be sure to read the ingredient list on the yogurt carton to make sure it is gelatin-free. Otherwise, the yogurt won't separate into curds and whey (the curds are the cheese). You can also use this cheese in dips and spreads or other recipes calling for cream cheese.

BERRY WISE

- Strawberries are fully ripe when picked. When shopping, choose berries that are plump and well rounded. Size is not an indication of flavor. Berries should be bright, shiny red with no white "shoulders". Look for fresh-looking green caps.
- Chill berries, unrinsed and lightly covered, till needed (no more than a few days).
- Rinse berries with cool water just before serving, then pat dry. Remove green caps after rinsing (if the recipe directs) by twisting the cap gently.
- A one-pint basket of strawberries yields 3¼ cups whole medium berries or 2¼ cups sliced berries.
- To freeze berries for later enjoyment, arrange rinsed berries, with stems removed, on a baking sheet. Place in the freezer until solid; transfer to plastic containers or bags. Return to freezer.

BERRIES ON A CLOUD

If you have a berry patch in your yard (and haven't treated it with pesticides), garnish each serving with tiny berry leaves and blooms. Otherwise, fresh mint is a handy substitute.

- 1 recipe White Chocolate Meringue Shells (see recipe, below)
- ¾ of an 8-oz. pkg. (6 oz.) reduced-fat cream cheese (Neufchâtel), softened
- ½ cup light dairy sour cream
- 2 Tbsp. sugar
- ½ tsp. vanilla
- ¼ of an 8-oz. container frozen reduced-fat whipped topping, thawed
- 1 oz. semisweet chocolate, cut up
- ½ tsp. shortening
- 3 to 4 cups hulled small strawberries
- ¼ cup strawberry jelly
- 1 to 2 tsp. water

Prepare and bake White Chocolate Meringue Shells. In a mixing bowl beat together the cream cheese, sour cream, sugar, and vanilla till smooth. Fold in thawed topping. Spread evenly in the meringue shells. Cover and chill about 1 hour.

In a small heavy saucepan melt the semisweet chocolate with shortening; cool. Drizzle over tops and sides of filled shells. Arrange berries, hulled end down, over cream cheese filling. In a small saucepan heat the jelly just till melted. Add 1 to 2 teaspoons water to thin. Drizzle over the arranged berries. Makes 8 servings.

White Chocolate Meringue Shells Let 3 large egg whites stand in

continued on page 25

HORMEL® Turkey Chili.
Fat has nothing to do with it.



You don't need fat to make a great tasting chili. All you need is the right ingredients. Like naturally low fat, delicious turkey, and the perfect combination of spices. That's what you'll find in 99% fat free HORMEL® Turkey Chili. And that's where you'll find the spicy, hearty chili taste you love without all the fat.

Nothing Beats a Bowl of HORMEL® Chili

Hormel Foods

Berry Dreams

continued from page 256

large mixing bowl for 30 minutes. Cover a baking sheet with clean plain brown paper or foil; draw eight 3-inch circles. Add ½ teaspoon vanilla and ¼ teaspoon cream of tartar to egg whites. Beat with an electric mixer on medium speed till soft peaks form (tips curl). Add 1 cup sugar, a tablespoon at a time, beating on high speed till very stiff peaks form (tips stand straight) and sugar is almost dissolved. Fold in 1 ounce of grated white chocolate baking square (about 6 tablespoons). Spread or pipe meringue over circles on paper and shape into shells. Bake in a 300° oven for 30 minutes. Turn oven off; let meringues dry in oven with door closed for at least 1 hour (do not open door). Peel off paper. Store in an airtight container. Makes 8.

Nutrition facts per serving: 288 cal., 9 g total fat (4 g sat. fat), 19 mg chol., 134 mg sodium, 48 g carbo., 1 g fiber, and 5 g pro. Daily Values: 10% vit. A, 53% vit. C, 4% calcium, and 3% iron.

Compare: Meringue shells filled with whipped cream weigh in at 22 g fat per serving.

ANGEL SHORTCAKE 'N' LEMON CREAM

For the lightest, highest angel cake add the granulated sugar very gradually to the beaten egg whites. Also, don't rush folding in the flour-powdered sugar mixture. This batter needs a tender touch to keep it airy.

- 1½ cups egg whites (10 to 12 large eggs)
- 1½ cups sifted powdered sugar
- 1 cup sifted cake flour or sifted all-purpose flour
- 1½ tsp. cream of tartar
- 1 tsp. vanilla
- 1 cup granulated sugar
- 1 recipe Lemon Cream (see recipe, at right)
- 4 cups sliced strawberries
- Lemon peel strips (optional)



Let egg whites stand at room temperature 30 minutes. Sift powdered sugar and flour together 3 times. In an extra large mixing bowl beat egg whites, cream of tartar, and vanilla with an electric mixer on medium speed till soft peaks form (tips curl). Gradually add granulated sugar, 2 tablespoons at a time, beating till stiff peaks form (tips stand straight).

By hand, sift about one-fourth of the flour mixture over egg whites; fold in gently. Repeat, folding in remaining flour mixture by fourths.

Pour batter into an ungreased 10-inch tube pan. Gently cut through batter with metal spatula to remove air bubbles. Bake on lowest rack in a 350° oven for 40 to 45 minutes or till golden brown and top springs back when lightly touched. Immediately invert cake (leave in pan). Cool completely. Loosen cake from pan with narrow spatula and gently invert onto serving plate. Serve slices with Lemon Cream and sliced strawberries. Garnish each serving with a lemon peel curl, if desired. Makes 12 servings.

Nutrition facts per serving (with 2 tablespoons cream): 228 cal., 4 g total fat (2 g sat. fat), 14 mg chol., 56 mg sodium, 44 g carbo., 1 g fiber, and 5 g pro. Daily Values: 4% vit. A, 47% vit. C, 2% calcium, and 5% iron.

Compare: Angel cake and strawberries topped with real whipped cream contains 11 g fat per serving.

LEMON CREAM

No time to bake? Enjoy this fluffy topping spooned over berries.

- ½ cup whipping cream
- ¼ cup sifted powdered sugar
- ½ cup lemon low-fat yogurt

In a chilled mixing bowl beat whipping cream and sugar just till soft peaks form. By hand, fold in yogurt. Serve immediately, or refrigerate, covered, for up to 4 hours. Makes 1⅓ cups.

Nutrition facts per tablespoon: 30 cal., 2 g total fat (1 g sat. fat), 8 mg chol., 5 mg sodium, 2 g carbo., 0 g fiber, 0 g pro. Daily Values: 2% vit. A, 0% vit. C, 0% calcium, 0% iron.

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the clever cook™

Each month in this column, you'll find tips from other good cooks. See below to find out how you can earn money for sharing your cooking secrets.

ICE CUBES TELL THE TALE

Before leaving home for several days, place a few ice cubes in a plastic bag and leave it in the freezer. If a power failure causes food to thaw and refreeze, the shape of the ice in the bag will let you know.

Karen Ann Bland, Gove, Kan.

SAVING DOUGH ON YEAST

To cut costs on yeast, I purchase baker's yeast by the pound at a health-food store. It stays fresh for months when refrigerated in an airtight container. One tablespoon equals one packet.

Evelyn Flatley, Kingston, R.I.

CRUISE GARAGE SALES FOR CONTAINERS

I pick up baking pans, trays, and serving bowls at garage sales for practically nothing. Then, when I bring food to potlucks or bake sales, I use these cast-offs without worrying about retrievals.

Mrs. Ardell Bell, Chicopee, Mass.

HOT PASTA WATER COOKS VEGGIES

When preparing a pasta dish with green vegetables, place the vegetable, such as broccoli flowerets, in a colander. Pour the hot cooked pasta and water over the vegetable. The vegetable turns crisp-tender, yet retains its bright color.

Sharon L. Bailey, Reading, Pa.

SWEET TEA

To add an extra zip to a cup of plain, hot tea, drop in a fruit-flavored hard candy or lemon drop. It's delicious!

Susan Brown, Northglenn, Colo.

HAVE YOUR CANDLEHOLDER AND EAT IT, TOO

When decorating a cake for a birthday, use a roll of lifesaver-shaped candies to hold candles; they fit perfectly in the centers.

Shanna Alexander, Scott A.F.B., Ill.

BARGAIN CHOCOLATE

After holidays, such as Mother's Day, Easter, and Valentine's Day, purchase the special chocolate candies at reduced prices, then chop and freeze the chocolate to use in cookies, brownies, or ice-cream topping.

Lou Lampman, Moultrie, Ga.

ARE YOU A CLEVER COOK?

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. This month, we are looking for original, clever ideas that relate to holiday cooking. We will pay $25 for each published tip. Send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

FOOD

Go for the Gold



Turn a scoop of ice cream into a champion dessert. Simply spoon this golden caramel sauce over each scoop of your favorite ice cream.

CARAMEL CRUNCH ICE-CREAM SAUCE

You just can't buy this delicious homemade taste.

- ¼ cup margarine or butter
- ⅓ cup chopped or sliced almonds
- ⅓ cup light corn syrup
- ⅓ cup packed brown sugar
- 1 Tbsp. water
- ⅓ cup crisp rice cereal, coarsely crushed

In a medium skillet melt margarine or butter. Add almonds; cook and stir over medium-low heat about 5 minutes or till browned.

Add the corn syrup, brown sugar, and water to skillet. Heat and stir till bubbly and the brown sugar is dissolved (about 4 minutes). Stir in the rice cereal. Serve immediately over ice cream. Makes about 1 cup.

Nutrition facts per 2 tablespoons sauce: 159 cal., 9 g total fat (1 g sat fat), 0 mg chol., 92 mg sodium, 21 g carbo., 1 g fiber, 1 g pro.

MADELINE LEWIS RAISED A LITTLE HELL AT THE PTA SUPPER.



No, she didn't misbehave in class. It was her meat loaf. She tried something new. Instead of tomatoes, she added the original Ro•Tel Diced Tomatoes and Green Chilies. And tongues started wagging. Taste buds started singing.

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RO•TEL Spicy Meat Loaf

1-1/2 lbs. ground beef
3 slices bread, torn into small pieces
1 egg
1 can (10 oz.) RO•TEL® Diced Tomatoes and Green Chilies
1 small onion, chopped
2 tsp. chili powder
1/4 tsp. black pepper
1/3 cup chili sauce

Preheat oven to 375° F. Combine first seven ingredients. Spread into an ungreased 8-1/2 x 4-1/2 x 2-1/2-inch loaf pan. Bake 1 hour; drain excess drippings. Spoon chili sauce over cooked loaf and bake 15 minutes. Serves 8.

LOOK FOR RO•TEL® IN THE CANNED TOMATO SECTION

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by Julia Malloy

Crawfish Tales

The Cajun-style crawfish boil is more than a party: it's the promise of crawdad feasts to come



Every spring, Cajuns in Louisiana look to the swampy bayous to find their favorite shellfish: crawfish, or as they like to call 'em, crawdads. You don't have to be Cajun to love crawfish, and you certainly don't need to catch 'em to eat 'em. Crawfish farming has made these freshwater crustaceans available throughout the country almost all year round. You might want to follow the lead of Cajun cooks who always boil more than everyone can eat. Then you can freeze the leftover tails for such mouthwatering dishes as the crawfish etouffée below. If you can't boil your own live crawfish, look for cooked crawfish still in the shell, either refrigerated or frozen, or frozen or canned cooked tail meat.

CRAWFISH ETOUFFÉE

Etouffée (AY-too-FAY) in Cajun cooking refers to simmering seafood smothered in onions, green pepper, celery, and tomato sauce. The name comes from the French word étouffer, which means "to smother."

- 1 lb. fresh or frozen, peeled, cooked crawfish tails
- ¼ cup all-purpose flour
- ¼ cup cooking oil, butter, or margarine
- 2 medium onions, finely chopped (1 cup)
- 1 cup finely chopped celery
- ½ cup finely chopped green sweet pepper
- 3 cloves garlic, minced
- 1 Tbsp. butter or margarine
- ¾ cup water
- ½ cup sliced green onion
- ¼ cup snipped fresh parsley
- ½ to ¾ tsp. salt
- ¼ to ½ tsp. ground red pepper
- ¼ tsp. ground black pepper

Hot cooked rice
Fresh parsley (optional)

Thaw crawfish tails, if frozen. In a 3-quart heavy saucepan stir together flour and oil till smooth. Cook over medium-high heat for 3 minutes, stirring constantly. Reduce heat to medium. Cook and stir for 5 to 8 minutes more or till a reddish brown roux is formed. Add onions, celery, green pepper, and garlic to saucepan. Cook and stir for 5 minutes.

Add butter or margarine; stir till melted. Stir in water, green onion, parsley, salt, red pepper, and black pepper. Bring to boiling. Add crawfish. Return to boiling; reduce heat. Simmer, uncovered, about 5 minutes or till heated through. Serve with hot cooked rice. If desired, garnish with parsley. Makes 4 main-dish servings.

Nutrition facts per serving: 397 cal., 18 g total fat (3 g sat. fat), 125 mg chol., 412 mg sodium, 37 g carbo., 2 g fiber, and 21 g pro. Daily Values: 11% vit. A, 45% vit. C, 7% calcium, and 18% iron.

Boiled Crawfish: Rinse 4 pounds of live crawfish under cold running water. In a 12- to 16-quart kettle combine 8 quarts cold water and ⅓ cup salt; add crawfish. Soak for 15 minutes. Rinse and drain. In the same kettle combine 8 quarts water, 1 cup purchased or recipe Crab Boil Seasoning (see recipe, *below*), and 2 teaspoons salt; bring to boiling. Add live crawfish.

Return to boiling; reduce heat. Simmer, uncovered, about 5 minutes or till the shells are a bright reddish orange. Drain. Discard crawfish with straight tails. (A straight tail means the crawfish was dead before cooking, and could be spoiled.) Makes 1 pound cooked crawfish tails.

***Crab Boil Seasoning:** In a double layer of 100% cotton cheesecloth combine 6 tablespoons mustard seed, 6 tablespoons whole coriander, 12 bay leaves, 2 tablespoons whole allspice, 4 teaspoons whole cloves, and 2 to 3 teaspoons crushed red pepper. Bring up the corners of the cheesecloth and tie into a bag.

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see page 227 for details

$200 WINNER

Donald E. Collings, Pawcatuck, Conn., in the Blue Ribbon Steaks and Chops category.

May 1996



Flank Steak with Caliente Catsup

Canned tomatoes make the catsup chunky; jalapeños make it caliente, or hot.

- 1 16-oz. can whole Italian-style tomatoes, cut up
- ½ cup wine vinegar
- ⅓ cup chopped onion
- ¼ cup chopped celery
- ¼ cup chopped green sweet pepper
- 3 Tbsp. brown sugar
- 2 jalapeño peppers, seeded and finely chopped
- 6 cloves garlic, minced (1 Tbsp.)
- ½ tsp. ground cinnamon
- ⅛ tsp. salt
- ⅛ tsp. ground ginger
- ¼ tsp. crushed red pepper
- 1 Tbsp. chili powder
- 1½ tsp. ground cumin
- ¼ tsp. salt
- 1 1¼- to 1½-lb. beef flank steak or sirloin steak, cut about 1 inch thick

For catsup, in a medium saucepan combine tomatoes, vinegar, onion, celery, green pepper, brown sugar, jalapeño peppers, garlic, cinnamon, ¼ teaspoon salt, ginger, and red pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 20 minutes or till of desired consistency, stirring occasionally.

Meanwhile, combine chili powder, cumin, and ¼ teaspoon salt. Rub onto both sides of steak. Grill steak on the grill rack of an uncovered grill directly over medium coals for 14 to 16 minutes or to desired doneness. Remove from grill; let stand for 5 minutes. To serve, thinly slice meat across the grain; serve with the catsup. Makes 6 servings.

Nutrition facts per serving: 195 cal., 7 g total fat (3 g sat. fat), 44 mg chol., 382 mg sodium, 14 g carbo., 2 g fiber, and 20 g pro. Daily Values: 10% vit. A, 47% vit. C, 4% calcium, and 23% iron.

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PRIZE TESTED RECIPES®

see page 227 for details

$200 WINNER

Jeanmarie Bond, San Diego, Calif., in the Special Cheesecakes category.

May 1996



Caramel Apple Cheesecake

Applesauce and apple-pie spice team up for easy-as-apple-pie flavor.

- 1½ cups graham cracker crumbs
- 2 Tbsp. sugar
- ⅓ cup butter, melted
- 2 8-oz. pkg. cream cheese, softened
- 1 cup sugar
- ⅓ tsp. ground cinnamon
- ½ tsp. apple-pie spice
- 1 16-oz. can or jar (1⅔ cups) applesauce
- 2 Tbsp. lemon juice
- 5 eggs
- 1 recipe Caramel-Pecan Sauce (see recipe, below)

For crust, combine crumbs and 2 tablespoons sugar. Stir in butter; toss gently. Press onto bottom and 1 inch up sides of a 9-inch springform pan. Bake in a 375° oven about 10 minutes or till edges begin to brown. Cool slightly on a wire rack.

Meanwhile, for filling, combine cream cheese, 1 cup sugar, cinnamon, and apple-pie spice. Beat till fluffy. Beat in applesauce and lemon juice. Beat in eggs till combined.

Pour filling into crust-lined pan. Bake on a shallow baking pan in a 375° oven 40 to 45 minutes or till center is nearly set. Cool on a wire rack 15 minutes. Loosen sides of pan. Cool 30 minutes more; remove sides. Cool completely. Chill at least 4 hours. To serve, cut into wedges; top with Caramel-Pecan Sauce. Makes 12 to 16 servings.

Caramel-Pecan Sauce: In a small heavy saucepan melt ½ cup sugar over medium-high heat till sugar begins to melt, shaking pan often. (Do not stir.) Reduce heat; cook about 5 minutes more or till sugar is melted and golden. Stir as necessary after sugar begins to melt (only when mixture bubbles). Remove from heat. Carefully pour in ½ cup whipping cream. Add 1 tablespoon butter. Return to heat; cook and stir for 1 to 2 minutes more or till smooth. Stir in ¼ cup coarsely chopped pecans. Cool. Makes about 1 cup.

PRIZE TESTED RECIPES®

$100 WINNER

Joseph A. Divita, Tonawanda, N.Y., in the Special Cheesecakes category. May 1996



Smoked Salmon Cheesecake

Make the crust and filling ahead. Then bake and serve this savory cheesecake warm.

- 2 cups soft bread crumbs
- 2 Tbsp. margarine or butter, melted
- 3 eggs
- 1 15-oz. carton ricotta cheese
- 6 oz. Swiss cheese, shredded (1½ cups)
- ½ cup evaporated skim milk
- 4 oz. smoked salmon, finely flaked, with skin and bones removed
- 1 tsp. dried dillweed
- ⅛ tsp. salt
- ⅛ tsp. white pepper
- Dairy sour cream (optional)
- Fresh dill (optional)

For crust, in a small mixing bowl combine crumbs and melted margarine or butter. Press the crumb mixture onto the bottom of a 9-inch quiche dish. Set aside.

For filling, in a large mixing bowl use a fork to beat eggs slightly. Stir in ricotta cheese and Swiss cheese. Stir in evaporated skim milk, salmon, dillweed, salt, and white pepper. (If making ahead, cover and chill till ready to bake, up to 6 hours.)

To bake, pour the filling into the prepared quiche dish. Bake in a 350° oven for 35 to 40 minutes or till the center is nearly set when shaken. Remove and cool slightly in pan on a wire rack. Serve warm. To serve, cut into wedges. Top with sour cream and fresh dill, if desired. Makes 16 appetizer servings.

Note: To reheat one slice of chilled cheesecake in the microwave oven, place on a microwave-safe plate. Cover loosely with microwave-safe plastic wrap. Microwave on 50% power (medium) about 40 seconds or till warm.

Nutrition facts per serving: 133 cal., 8 g total fat (4 g sat. fat), 60 mg chol., 200 mg sodium, 6 g carbo., 0 g fiber, and 10 g pro. Daily Values: 10% vit. A, 0% vit. C, 17% calcium, and 3% iron.

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$100 WINNER

Annette Rivers, Pickens, S.C., in the Blue Ribbon Steaks and Chops category. May 1996



Pork Chops with Spicy Peanut Sauce

The peanut sauce is a takeoff on the traditional Thai sauce known as satay or saté.

- ⅓ cup milk
- ⅓ cup unsweetened shredded coconut
- ¼ cup creamy peanut butter
- ¼ cup chicken broth
- 2 Tbsp. diced green chili peppers
- 1 Tbsp. diced pimiento
- 1 Tbsp. light soy sauce
- 2 cloves garlic, minced
- 1 tsp. sugar
- ½ tsp. ground ginger
- ½ tsp. ground coriander
- 4 boneless pork loin chops, cut ¾ inch thick
- 1 Tbsp. cooking oil

In a small saucepan heat milk till almost boiling; remove from heat. Stir in coconut; let stand for 10 minutes. Strain milk, discarding coconut; return milk to pan. Stir in peanut butter, broth, peppers, pimiento, soy sauce, garlic, sugar, ginger, and coriander. Cook and stir over medium heat till thickened and smooth. Sprinkle pork with *salt* and *pepper.* In a large skillet cook chops in hot oil for 10 to 12 minutes or till slightly pink in center, turning once. Serve with sauce. If desired, top with *green onion.* Serves 4.

Nutrition facts per serving: 269 cal., 20 g total fat (6 g sat. fat), 37 mg chol., 323 mg sodium, 8 g carbo., 2 g fiber, 17 g pro. Daily Values: 10% vit. C, 4% calcium, 8% iron.



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by Julia Malloy

Soda Fountain Favorites



Just like saddle shoes, the jukebox, and your favorite after-school hangout, these golden oldies are just too good to forget, plus they're a breeze to stir together. If you're thirsty, choose a fizzy cooler with a splash of flavored syrup. But, when you're hungry for ice cream, hop on the fountain stool for a float, a soda, or a creamy malt.

Red River: A stream of cherry syrup* flows through this classic fountain drink. To make a river, in a tall glass stir a 12-ounce can of carbonated water or club soda into a couple of spoonfuls of cherry-flavored syrup. Cool it with ice cubes.

Cherry Phosphate: A phosphate is like a river drink, only with a tart flavoring added, usually citric acid or lemon juice. In a tall glass stir a can of carbonated water or club soda into a spoonful or two of cherry syrup* and lemon juice. Plunk in some ice cubes.

Cherry Cola: In a tall glass stir a can of cola into a splash of cherry syrup*. Add a few ice cubes and a couple of bright red maraschino cherries.

Root Beer Float: Plop vanilla ice cream into root be and watch it float. Start with a tall glass, and figure on scoops of ice cream to a 12-ounce can of root beer.

Chocolate Soda: A soda is a cross between a fiz drink, a float, and a milk shake. In a tall, wide-mouth glass stir some carbonated water or club soda into a co ple of spoonfuls of chocolate-flavored syrup. Add a sco of vanilla ice cream. Stir till the ice cream is almost mel ed. Add the rest of the can of soda to fill. Top with anot er scoop of ice cream.

Chocolate Malt: This malt is so thick, you'll need spoon to eat it. The malt flavor comes from malted mi powder. In a blender container combine 2 scoops of vani la ice cream, ½ cup milk, a couple of spoonfuls of choc late-flavored syrup, and a spoonful of malted milk pow der. Cover and blend till smooth. Serve it in a tall glass.

***Note:** You'll find cherry syrup for the Red Rive Cherry Phosphate, and Cherry Cola near the ice-crea toppings in your supermarket.

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HINT #17

SOOTHES SORE THROATS



To alleviate the discomfort of a mild sore throat, gargle several times daily with a mixture of 1/4 teaspoon Morton® Salt and 1/2 cup warm water.* It's like taking a liquid lozenge. For more economical, safe, and effective uses for Morton® Salt write for the new Household Hints brochure: Morton® Salt Tips, Dept. K, Chicago, IL 60606-1597.

*Gargling with warm salt water is recommended by the American Academy of Otolaryngology to alleviate mild sore throat pain. See a physician if your sore throat persists longer than five days or if the sore throat is accompanied by difficulty in breathing or swallowing, joint pain, earache, a rash or fever.

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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

INNOVATIVE BACKSPLASH

If your range or cooktop is located in front of a wall, try this clever tip to make it easy to clean grease splatters. Simply mount a piece of rigid, clear plastic on the wall with plastic mirror hangers.

Roseann Doyle
Alexandria, Va.

TIRED OF DOIN' THE TWIST

Prevent brooms, shovels, or fireplace tools from twisting off their handles by wrapping a strip of plumber's tape around the threads before screwing the handle in.

Ronita Snyder
Midland, Mich.

SWITCH-PLATE REMINDER

After painting a room, note the color and brand of paint you used on the inside of a switch plate or an outlet cover. You'll know where to look if you want to match the color later.

Mary Alice Maas
Huron, S.D.

PICKING SHUTTER COLORS

Not sure what color to paint your shutters? Cut out a piece of cardboard that's the same size, paint it, and have a friend hold it over one of the shutters. Now you can step back and see how it looks.

Wendi Wendt-Falb
Cedar Rapids, Ia.

RAISE CARPET DENTS

If furniture has left indentations in your carpet, you can raise them by placing a damp towel over the dent then pressing lightly on it with a warm iron (use a low setting). The indentation will begin to rise as the water evaporates from the towel.

Sandy Lindsey
Hollywood, Fla.

A PENNY HITS THE SPOT

Carry a handful of change with you when using carpet spot remover. After spraying a spot, you can mark it with a coin. When it's time to vacuum or wipe up the stain, you'll know exactly where you sprayed the cleaning solution.

Rhonda Slagter
Caledonia, Mich.

EASY SQUEEGEE

Make a squeegee for clearing water from a patio or concrete floor out of gardening tools you may already have. Take a piece of old garden hose and slit it down one side, then slip the length of hose over the tines of a metal soil rake.

Bill Linder
Lindsborg, Kan.

SEND US YOUR TIP

Mail your tip along with a daytime phone number to TTT, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit the tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

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continued on pageM2

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2	14	26	38	50	62	74	86	98	110	122	134	146
3	15	27	39	51	63	75	87	99	111	123	135	147
4	16	28	40	52	64	76	88	100	112	124	136	148
5	17	29	41	53	65	77	89	101	113	125	137	149
6	18	30	42	54	66	78	90	102	114	126	138	
7	19	31	43	55	67	79	91	103	115	127	139	
8	20	32	44	56	68	80	92	104	116	128	140	
9	21	33	45	57	69	81	93	105	117	129	141	
10	22	34	46	58	70	82	94	106	118	130	142	
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continued from page M1

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SAN DIEGO

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America's sixth largest city, San Diego is where California was born. It stretches for 70 miles along the Pacific Ocean. The local climate, a coastal desert, approaches perfection year round, never too hot, never too cold, and only rarely rainy. This diverse county is held together by an efficient transportation network that actually connects San Diego with another country—Mexico—at the San Ysedero crossing into Tijuana.

Balboa Park

Downtown San Diego encompasses much more than the harbor area. The most famous attraction is Balboa Park, which covers 1200 lush acres and contains some of the most fantastic architecture ever assembled in one place: 13 museums, art galleries, the Reuben H. Fleet Space Theater and Science Center, the Old Globe Theatre Starlight Bowl and California Tower with its working 100 bell carillon.

San Diego Zoo

Balboa Park is also the home of the world-famous San Diego Zoo, which houses 800 different species in enclosures carefully designed to resemble the animals' natural habitat. The entire Zoo is designed as a 100 acre tropical garden and can be visited on foot and on a special three mile guided bus tour. Over 3 million people will visit this world-famous Zoo this year.

But also included in the San Diego Zoo's 4000 animals of 800 species are the ever-popular favorites—lions, tigers, bears, elephants and giraffes. Most of the Zoo's inhabitants are exhibited in barless, moated enclosures which resemble the animals' natural homes in the wild. The city's ideal climate makes it possible for the Zoo to exhibit animals outdoors year-round and for visitors to have a pleasant visit no matter what the season.

Guided Bus Tour

The easiest way to see the huge animal population is to take the 40-minute guided bus tour through miles of winding roads down the canyons and up the mesas. Informative and entertaining driver-guides narrate the entire tour and point out interesting facts about many of the Zoo animals. The open-sided buses leave the Zoo station every few minutes for their three-mile trip.

Children's Zoo

Another highlight of the San Diego Zoo is its Children's Zoo, opened in 1957 and remodeled in 1979. Children and young animals see eye-to-eye in this imaginative kid's zoo built to the scale of four-year-olds, but enjoyable to the young-at-heart of all ages. The Children's Zoo features open-moated enclosures, walk-through bird cages, a nursery, direct-contact areas where children may pet animals and see many rare and unusual animals close-up.

Perhaps the most popular area for all in the Children's Zoo is the glass-fronted nursery where young primates and small mammals are bottle-fed and diapered just like human infants.

Among some of the other small mammals you will see in the Children's Zoo are spider monkeys, tree kangaroos, Asian small-clawed otters and lesser pandas.

Wild Animal Park

[illegible] flamingos move as one, stepping back from the [illegible] edge to make room for a pair of thirsty rhinos. On a nearby hill, a herd of Thomson's gazelle graze under the protectiv eye of the dominant male. A dozen giraffe wander along a sandy streambed, the infants stopping to explore each tree and rock with t typical curiosity of youth. Above it all, form roost in a long-dead tree, a white-backed vul maintains a steadfast and patient vigilance o the hundreds of animals in view.

The San Diego Wild Animal Park is the siste facility ("big sister" by size, "little sister" by age) of the world-famous San Diego Zoo; bo are owned and operated by the non-profit Zoological Society of San Diego. The Park i 2200 acres in size, and is located in the San Pasqual Valley, an agricultural preserve 30 m north of downtown San Diego.

The Wild Animal Park breeds and exhibits l herds of antelope, gazelle, wild equines, dee rhinoceros, and exotic sheep and goats. Floc flamingos, pelicans, cranes, geese, ducks, herons, ostriches, vultures and storks live in big enclosures as well, mixing with the mammals to create a striking recreation of li the wild. Even the single-species exhibits ar large and natural; here the Park keeps the lar combined herds of African and Asian elepha in the world, cohesive families of gorillas ar pygmy chimpanzees, kangaroos, cheetahs, a such rare and sensitive antelope as gerenuk a okapi. This is an environment of beauty and harmony, a place where many a human visit



SAN DIEGO [illegible] VALUES

SAN DIEGO

l to remark, "If I were an animal, I would to live here."

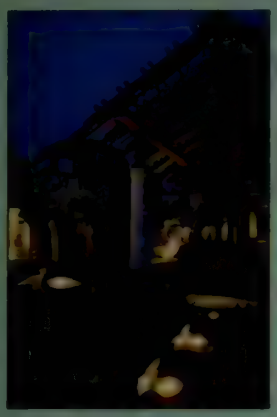
San Diego Wild Animal Park is open every of the year, with extended hours during the summer and December holiday seasons. Information regarding prices, hours, and special events and tours can be obtained by calling (619) 747-8702.

A trip through Nairobi Village will no longer be just a stroll in the Park; new interactive elements will have you climbing, crawling, jumping and hopping your way along the Mombasa Lagoon.

Coronado

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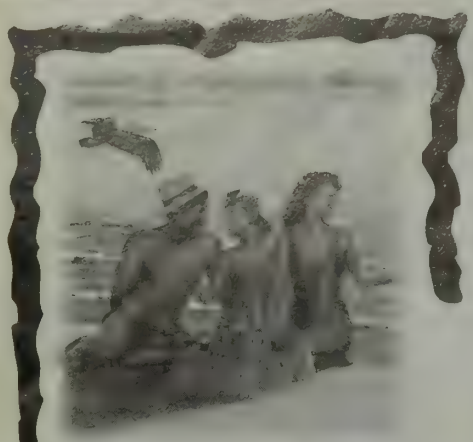


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TRAVEL WEST

Olympic Update

It's not too late to go to Atlanta

Contrary to some reports, tickets and lodgings are still available for the Olympic Summer Games in Atlanta. While it's true that most hotels and tickets to the popular sporting events are sold out, a few options remain for the Centennial Games running July 19–August 4.

Lodgings. Many Atlanta homeowners are contracting with private companies to rent rooms in their homes or their entire homes to visitors. One of these companies, Creative Travel Services, Inc., has developed options to fit nearly every budget. Accommodations range from luxury mansions and services (such as private chef and housekeeper; $266–$461) to single beds separated by partitions in dormitories and warehouses ($30–$40); all prices are per person, per night.

A comfortable bet for families are the bed-and-breakfast arrangements. Called Creative Outreach, the program puts guests into an affordable home with the family who lives there. A majority of the homes are located within 8 miles of the Olympic Ring (the three-mile imaginary circle in downtown Atlanta encompassing the Olympic Village, Olympic Stadium, and 20 sports competition sites). A 4-day/3-night stay for two starts at $499, and includes transportation to and from the airport (payment in full is nonrefundable). For more information and reservations, 800/208-5858.

For other lodging arrangements, contact the Olympic Games Travel Network, 214/851-4010.

Tickets. Although the high-profile event tickets are gone, tickets to early rounds of competition and the less popular sports remain on sale. As of March 1, some sports with availabilities include: soccer, baseball, canoe/kayak, basketball, and softball. You can purchase tickets by phone from the Atlanta Committee for the Olympic Games, 404/744-1996; Visa only. Starting in June, tickets also will be for sale at Olympic venues.

For more information, visit the 1996 Olympic Games Home Page: http://www.atlanta.olympic.org.

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THAI PORK SLAW

Broccoli strips, carrots, and red cabbage become a new Oriental food favorite.

- 3 boneless pork loin chops, cut ½ inch thick (about 12 oz.)
- 2 Tbsp. soy sauce
- ⅔ cup fat-free or regular mayonnaise or salad dressing
- 2 Tbsp. snipped fresh cilantro
- ½ tsp. finely shredded lime peel
- 2 Tbsp. lime juice
- 1 medium cucumber
- 1 16-oz. pkg. shredded broccoli slaw mix (about 5 cups)
- 2 medium oranges, peeled and thinly sliced

Brush pork with *1 tablespoon* of the soy sauce. Arrange on unheated rack of a broiler pan. Broil 4 inches from heat for 12 to 14 minutes or till slightly pink in center, turning once. Cool; cut into thin bite-size strips.

For dressing, combine remaining soy sauce, mayonnaise or dressing, cilantro, peel, and lime juice; stir to mix. Reserve *¼ cup* of the dressing.

Cut cucumber in half crosswise. Thinly slice half; set aside. Quarter other half lengthwise; thinly slice.

Combine remaining dressing, quartered cucumber slices, and broccoli slaw; toss gently to coat.

On 4 salad plates arrange orange and cucumber slices. Top with broccoli mixture. Arrange pork slices on top. Drizzle with reserved dressing. Makes 4 main-dish servings.

Nutrition facts per serving: 197 cal., 6 g total fat (2 g sat. fat), 38 mg chol., 1,081 mg sodium, 22 g carbo., 5 g fiber, 16 g pro. Daily Value: 54% vit. A, 185% vit. C, 11% iron.

GRILLED CHICKEN AND SALSA SALAD

Zip up a package of colorful mixed greens with homemade salsa.

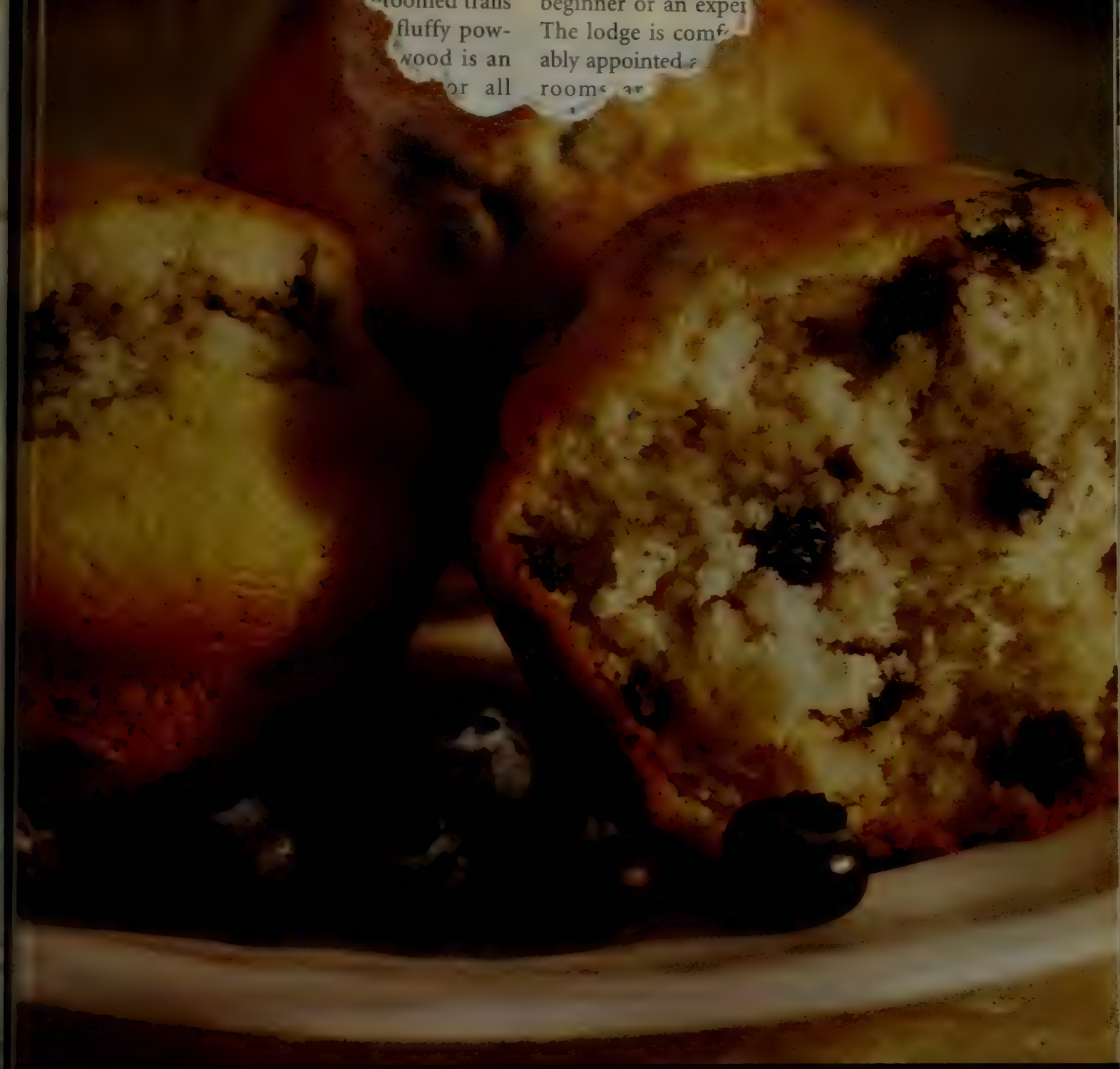
- 4 small tomatoes, peeled, seeded, and finely chopped
- ½ of a 4-oz. can (3 Tbsp.) diced green chili peppers, drained
- Tbsp. chopped green pepper
- Tbsp. sliced green onion
- 2 Tbsp. snipped fresh cilantro
- 2 Tbsp. lemon juice
- 1 clove garlic, minced
- ⅛ tsp. ground black pepper
- 4 skinless, boneless chicken breast halves (about 1 lb. total)
- 1 10-oz. pkg. (about 8 cups) torn mixed greens

For salsa, combine tomatoes, chopped peppers, onion, cilantro, lemon juice, garlic, and black pepper. Cover and chill, stirring occasionally. Bring to room temperature to serve.

Rinse chicken; pat dry. Brush with cooking oil; sprinkle with salt and pepper. Grill on an uncovered grill directly over *medium-hot* coals for 15 to 18 minutes or till no longer pink; turn halfway through grilling.

Line 4 salad plates with greens. Top each with a chicken breast and salsa. Makes 4 main-dish servings.

Nutrition facts per serving: 157 cal., 4 g total fat (1 g sat. fat), 59 mg chol., 111 mg sodium, 8 g carbo., 2 g fiber, 23 g pro. Daily Value: 11% vit. A, 70% vit. C, 4% calcium, 9% iron.



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by Carla Waldemar

On the Healthy Side



Our pairings of barley with beans and brown rice with wheat berries create the kind of appeal that catapults these dishes from the sidelines to the center of the plate. They score on the health charts, too, because they're low in fat—yet high in flavor.

CAJUN BEANS AND BARLEY

Quick-cooking barley and canned pinto beans speed this zesty dish from pot to table. Chicken makes a good side kick.

- ¾ cup water
- ½ cup quick-cooking barley
- ¼ cup chopped sweet green pepper
- ¼ cup chopped onion
- 1 15-oz. can pinto beans, rinsed and drained
- 1 14½-oz. can stewed tomatoes
- 1 cup loose-pack frozen whole kernel corn
- 1 tsp. Cajun seasoning or ½ tsp. crushed dried red pepper

In a medium saucepan bring water to boiling. Stir in barley, sweet pepper, and onion. Return to boiling; reduce heat. Cover; simmer for 10 to 12 minutes or till barley is tender and water is absorbed. Stir in beans, tomatoes, corn, and Cajun seasoning or red pepper. Cook, covered, over medium heat till bubbly. Cook for 2 to 3 minutes more or till corn is tender. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 240 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 810 mg sodium, 51 g carbo., 3 g fiber, and 10 g pro. Daily Values: 7% vit. A, 22% vit. C, 4% calcium, and 16% iron.

LENTIL AND GRAINS PILAF

Low on fat and long on carbos, this union of grains and legumes makes a hit with the health brigade as well as demanding diners.

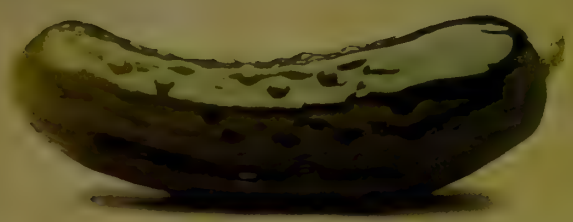
- 1 Tbsp. margarine or butter
- 1 tsp. instant chicken bouillon granules
- ⅓ cup regular brown rice
- ⅓ cup wheat berries
- ½ cup chopped onion
- ¾ tsp. dried savory, crushed
- ⅓ cup lentils
- 2 Tbsp. snipped dried apricots or raisins

In a medium saucepan combine 3½ cups *water*, margarine or butter, and bouillon granules; heat till margarine is melted. Stir in brown rice, wheat berries, onion, and savory. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Stir in lentils. Return to a boil; reduce heat. Cover and simmer for 30 minutes more or till rice, lentils, and wheat berries are tender. Drain off excess liquid. Stir in apricots or raisins. Season to taste with *salt and pepper*. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 165 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 262 mg sodium, 29 g carbo., 2 g fiber, 6 g pro. Daily Values: 7% vit. A, 2% vit. C, 3% calcium, 15% iron.



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by Kristi Fuller, R.D.

Grapes of Wrap



Most of us think of grapes as a fruit snack or an ingredient for making wine. But in the Middle East, the grape leaves are prized for eating, too. Luckily, you don't have to grow a grapevine in your backyard just to try the tender leaves—you can buy them packed in jars. Jarred grape leaves have a slightly salty, pickled flavor from their brine. Soft and pliable like blanched cabbage leaves, they're the perfect wrap for savory appetizer fillings.

FETA AND LAMB STUFFED GRAPE LEAVES

Feta cheese, lamb, mint, and garlic are popular ingredients in Greek cooking.

- ¾ lb. ground lamb or beef
- 2 Tbsp. finely chopped onion
- 1 clove garlic, minced
- ½ cup crumbled feta cheese (2 oz.)
- 1 Tbsp. snipped fresh mint or oregano or ½ tsp. dried oregano leaves, crushed
- ¼ tsp. pepper
- ½ of a 16 oz. jar grape leaves (20 leaves), drained and well rinsed
- Olive oil
- Lemon wedges

In a medium skillet cook ground lamb or beef, onion, and garlic over medium heat till lamb is no longer pink. Remove from heat; drain off fat. Stir in feta cheese, mint or oregano, and pepper. Set aside.

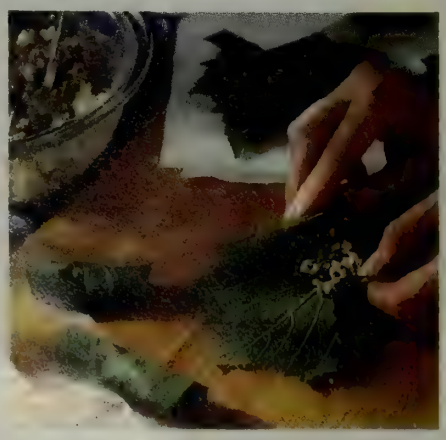
Place a grape leaf on a clean work surface, shiny side down and stem end toward you. Place 1 level tablespoon of filling about ½ inch from the bottom edge of each leaf. Fold the sides of the leaf over the filling, overlapping slightly (see photograph, *below*). Starting at the bottom edge, roll up the leaf and place, seam side down, in a 2-quart square microwave-safe baking dish. Repeat with remaining leaves and filling. Cover the baking dish and chill till needed or heat and serve immediately.

To heat, add 1 tablespoon *water* to the baking dish. Brush grape leaf bundles lightly with olive oil. Cover and micro-cook on 100% power for 4 to 5 minutes or till heated through, turning dish once. (For a low-wattage oven, micro-cook bundles on high power for 5 to 6 minutes, rearranging once.) Serve immediately with lemon wedges. Makes 20 bundles (2 per serving).

Nutrition facts per serving: 40 cal., 3 g total fat (1 g sat. fat), 10 mg chol., 38 mg sodium, 0 g carbo., 0 g fiber, 2 g pro. Daily Value: 1% vit. A, 2% vit. C, 1% calcium, 1% iron.

USING FRESH GRAPE LEAVES

Grape vines grow wild in many parts of the United States. If using fresh grape leaves, be sure they have not been sprayed with dangerous chemicals. Choose leaves from the upper third of the vine, where the leaves will be young and tender. However, if you do not plan to eat the leaves, you can use less tender leaves for wrapping. The best time for picking grape leaves is in June.



To prepare fresh leaves, trim the stems and wash them thoroughly in cold water. Fresh leaves must be blanched before using. To blanch the leaves, cut off the stems. In a large saucepan bring 4 cups of water to boiling. Add 5 leaves at a time to the boiling water. Cook 5 seconds. Remove with a slotted spoon and place between paper towels to drain. Repeat with remaining leaves. Use immediately or freeze them for later use.

A 30-Minute Lunchtime Affair with STAR





Reminiscent of the bright blue seas, warm breezes and lazy afternoons spent lingering over lunch, not over the stove, *Pescado Catalan* is a Mediterranean delight, filled with the flavors and romance of the region. Gently simmered in STAR's Extra Light Olive Oil with Capers, Vinegar and Spanish Olives, the authentic flavors of this dish guarantee you a lunchtime affair to remember.



Pescado Catalan

Fish

- 1 1/2 lbs. red snapper fillets (or any lean white fish)
- 1/4 cup STAR Spanish Olives, chopped
- 2-3 Tbsp. STAR Capers
- 1 Tbsp. STAR Extra Light Olive Oil
- 1 Tbsp. lemon juice

Sauce

- 1 medium onion, sliced thin
- 1-2 cloves garlic, minced
- 2 Tbsp. STAR Extra Light Olive Oil
- 2 medium tomatoes, chopped
- 1 1/2 tsp. STAR Red Wine Vinegar
- 3/4 tsp. oregano

Single layer fish in oiled baking dish. Sprinkle with olives, capers and lemon juice. Lightly sauté onion and garlic in oil for several minutes. Add tomatoes and cook on medium-high for 5-10 minutes to reduce liquid. Add vinegar and oregano and pour over fish. Bake at 375° F for about 20 minutes (until fish flakes with a fork). Serves 4 in 30 minutes.

STAR *makes life a little tastier.*

by Cathy Borcherding

Wainscot Wake-Up

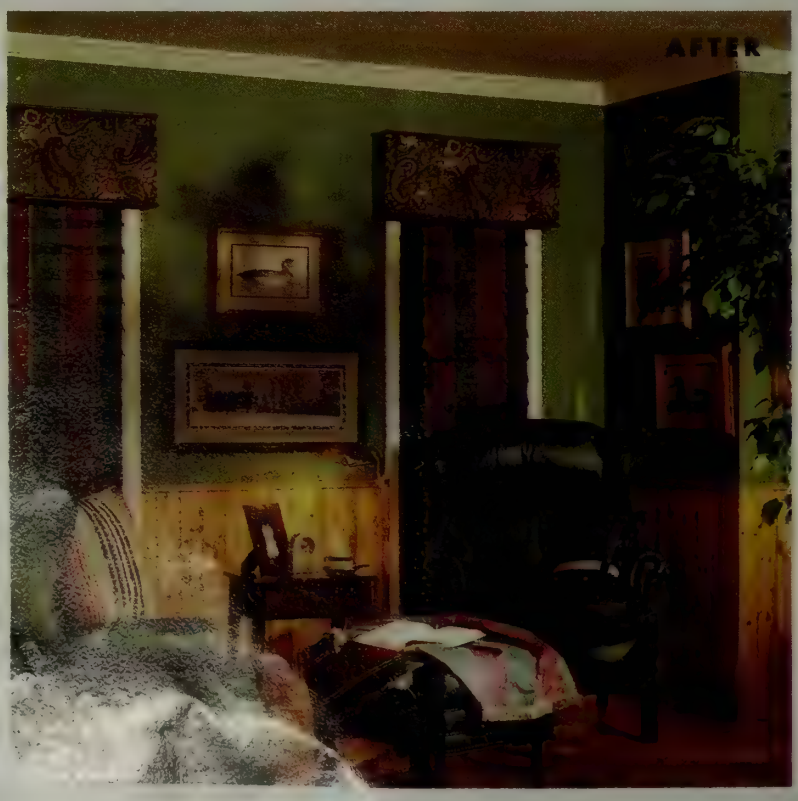
When a longing for architectural interest outweighs an appreciation of clean white walls, wainscot may be the answer. It doesn't require knocking down any walls or replacing a single furnishing. Plus, it warms the room without a trace of fussiness. Here are tips for adding this classic element.



MOOD:
Tailored window treatments and masculine leather chairs bring an air of quiet dignity to a plain white room. Increase the cocoon-like warmth with pine wainscot in a rich, natural wood finish. Top it with a muted green to complete the snug, secure mood.

ENHANCE FURNITURE:
Wainscot, now available as sheet paneling or in pre-milled kits, quickly changes a room's appearance with a sense of age and architecture. The natural pine wainscot defines the shapes of the darker wood furnishings, adding more architectural interest.

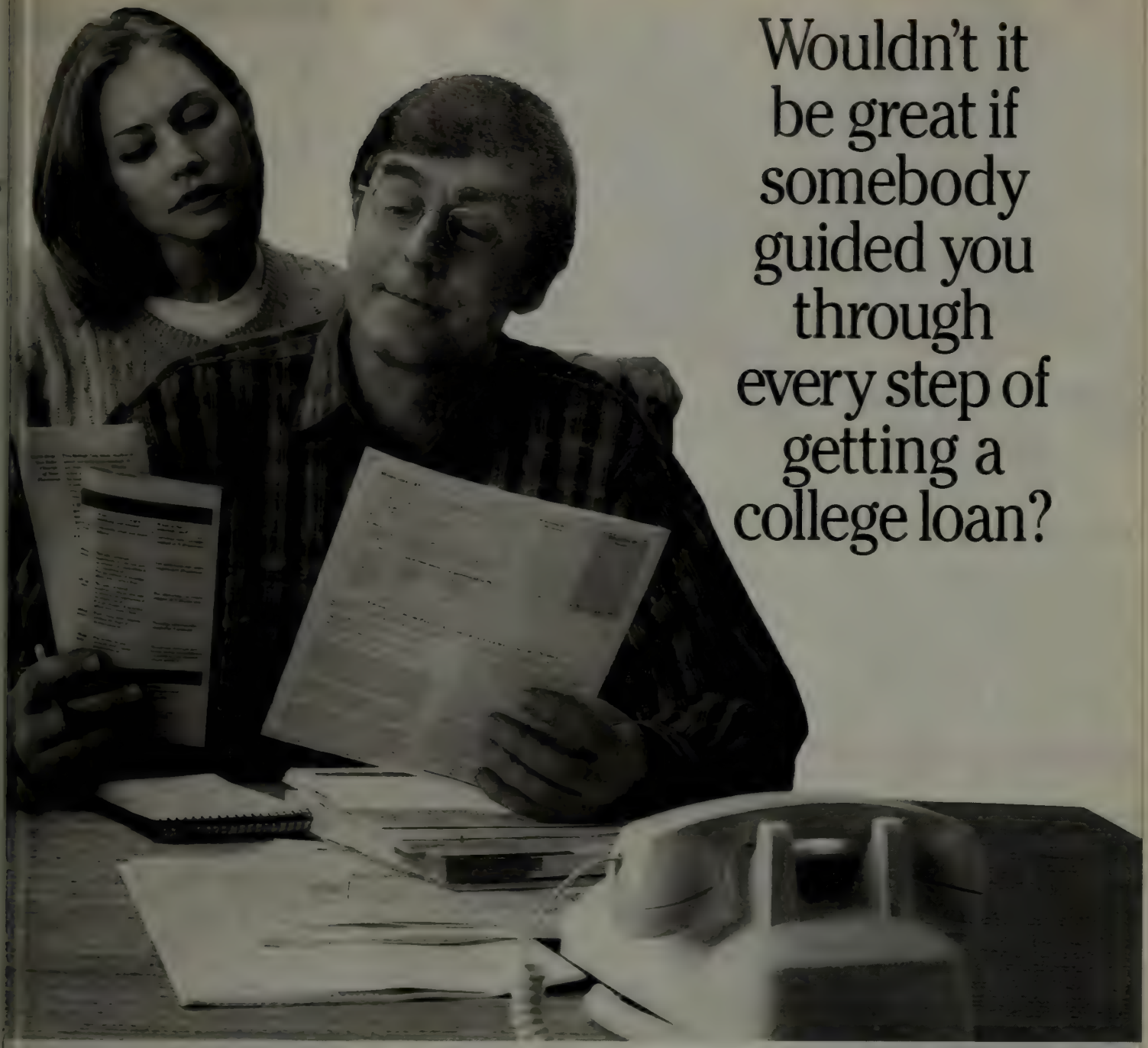
PROPORTION:
Decorating in thirds is more pleasing to the eye than cutting the wall in half. Here, wainscot covers the lower 32 inches of this 8-foot wall and serves as an accent, not the main event. Top it with a chair rail molding for a smooth transition to the wall above.



COLOR:
Select colors for the wainscot and wall that enhance the rooms' existing colors. The warm tones of the natural knotty pine draw warmth from the framed artwork and the paisley fabric on the window. The muted green wall helps smooth the contrasts.

BALANCE:
Every element in a room is subject to the laws of balance, and the walls are no exception. The natural wainscot is used as a background to define the dark furniture. The weight of the green paint above the wainscot balances with the weight of the furniture.

HARMONY:
The objects in the room *at top* have a unifying theme. When adding wainscot, *below*, maintain the same common denominator. Here, the rough pine wainscot harmonizes with the varying wood tones in the furniture, the textural fabrics, and the sturdiness of the leather.



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BUILDING

A Valve in Time

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A smart way out of this dilemm to install a valve in the water sup line under the sink. You'll have shut off the main valve one m time, but the next time the tap dev ops a leak, you'll be able to work it without disrupting your hou hold's routine.

A VALVE HERE, A VALVE THERE

While that main valve is off (a while the plumber or your toolbo handy), check out the entire syst to see where extra valves might useful. There may already be one the cold-water line that supplies y water heater. If not, be sure to a one there so you can still flush t lets, draw drinking water, or keep lawn irrigated if your water hea springs a leak or if one of your h water taps needs repairing.

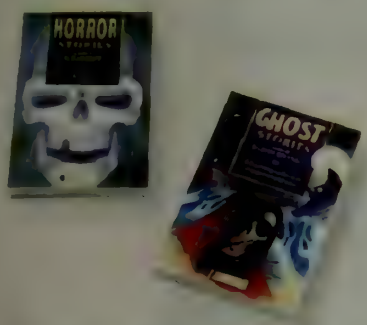
Other strategic spots incl water softeners, laundry equipme dishwashers, ice makers, and o door taps, as well as cold-water li for toilets, sinks, tubs, or showers

LONG-TERM PAYBACK

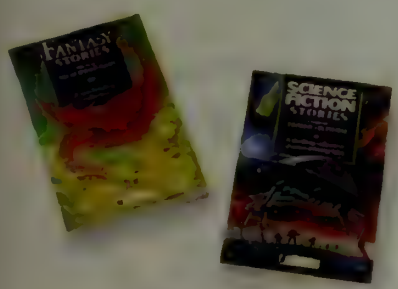
Even if a plumber installs the ex valves, you may still save money the long run. Strategic shut- points will make it easier to han minor problems and will expec upgrade projects, such as repla an outdated faucet or countertop resurfacing bathroom walls.

Summer Reading Packs

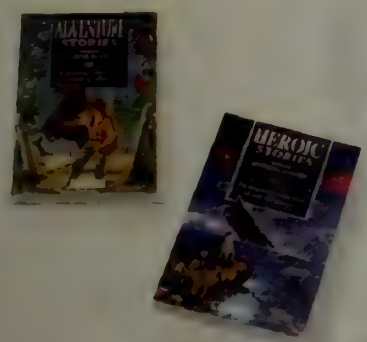
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BH&G Kids™



May Day, Play Day

Since the Middle Ages, children have welcomed the arrival of spring with celebrations of the first day of May. In the morning, children in years past would gather flowers, place them in baskets, and deliver them—secretly—to friends and neighbors before breakfast. Later, they joined in a lively dance around the Maypole.

by Barbara Hall Palar

continued on page 274

continued from page 273

Maypole dance

Create a simple Maypole from a wrapping-paper tube, then place it in the umbrella hole of a picnic table. To do the Maypole dance, half of the dancers proceed clockwise, the other half counterclockwise. As they move, the dancers weave over and under one another's streamers.



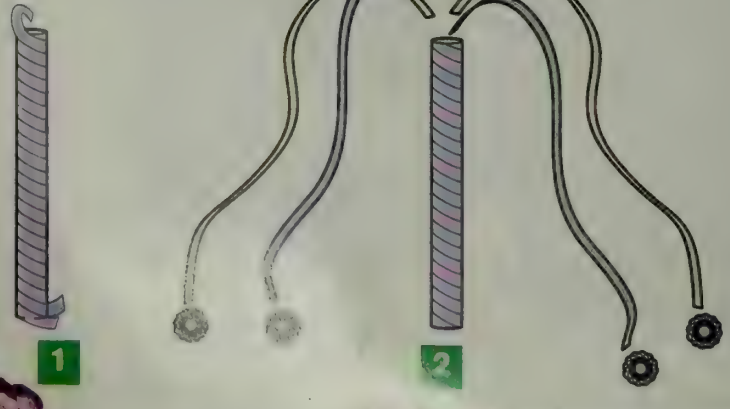


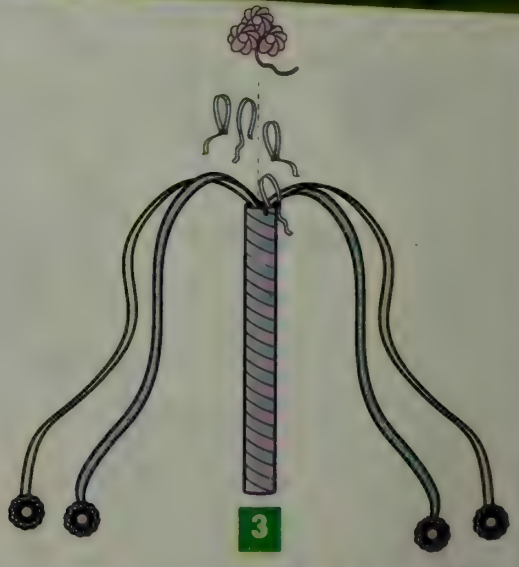
here's how:

Wind long lengths of pastel crepe paper diagonally around wrapping-paper tube **(1, *below*)**; tuck and glue ends into tube. Cut 6-foot crepe paper streamers, one for each child. Tuck one end of each streamer inside tube **(2)**; staple in place. Staple a silk flower to end of each streamer. Decorate top of tube with ribbon and a bouquet of silk flowers **(3)**.









for buying information, see page 124.

continued on page 276

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Bike Shorts



Sweaters



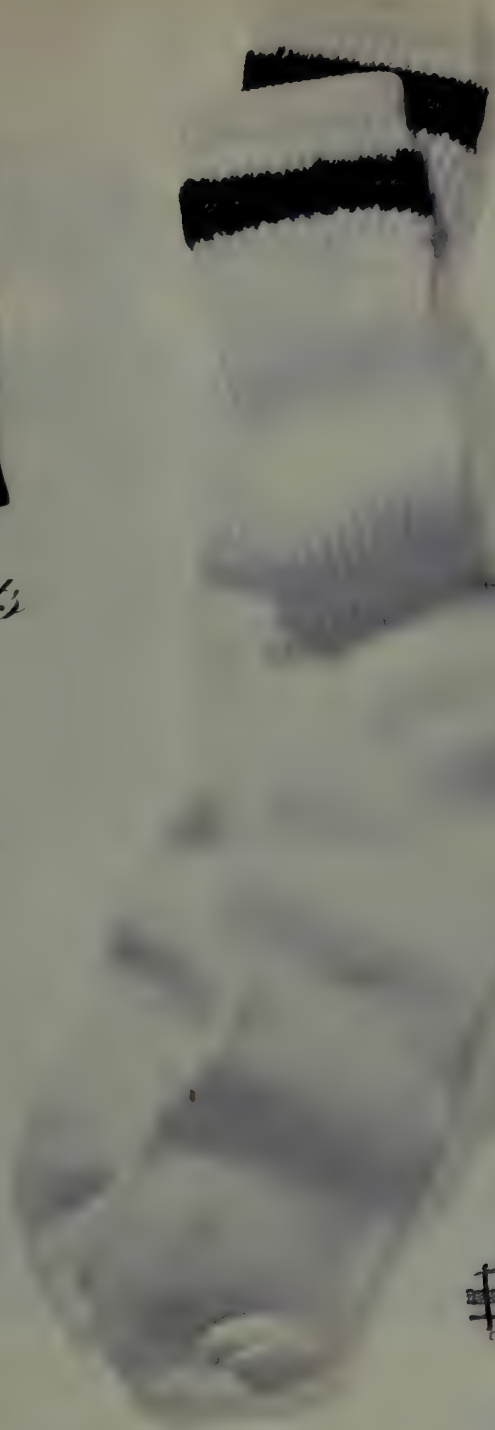
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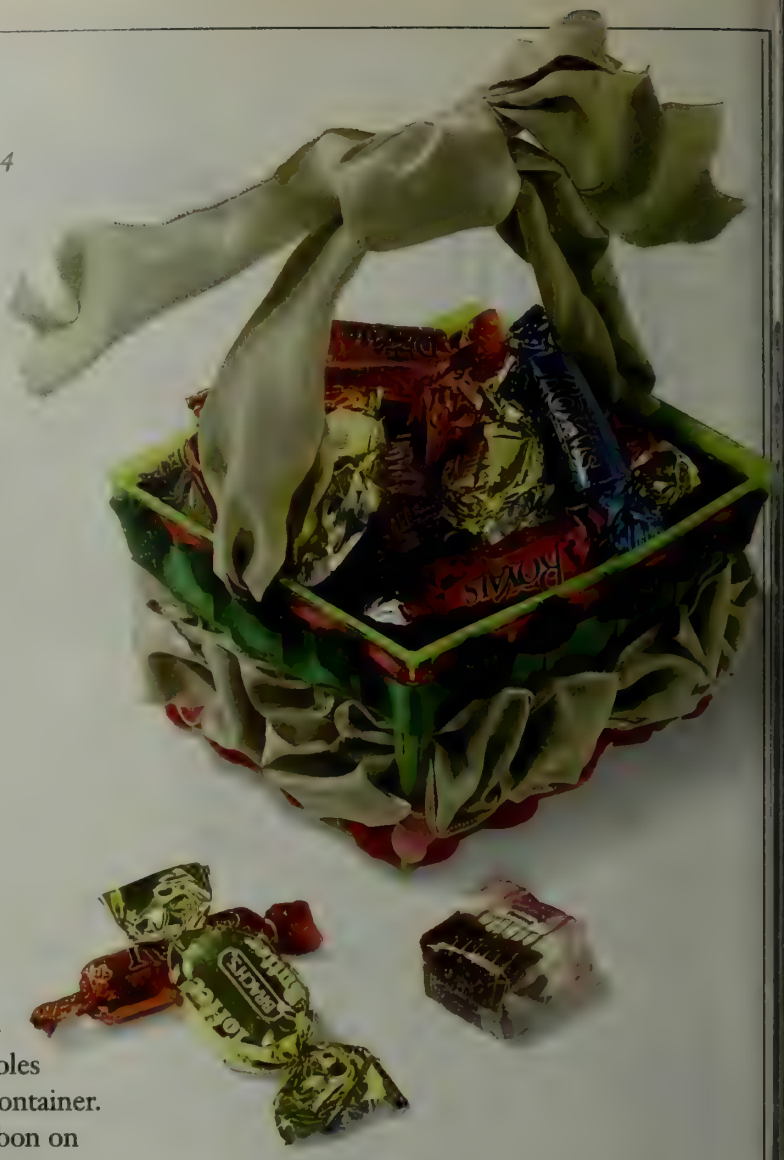
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BH&G kids

continued from page 274

A tisket, a tasket

If the tradition of May baskets has not been kept alive in your neighborhood, revive it this year. The custom calls for children to make baskets, fill them with flowers or treats, and deliver them to their friends on the first of May without being detected. The basket recipient is entitled to kiss its deliverer—if she can catch him.



To make the ribbon basket (*above right*), weave colorful ribbons or shoestrings through the holes of a plastic berry container. Tie a wired ribbon on top for a handle.

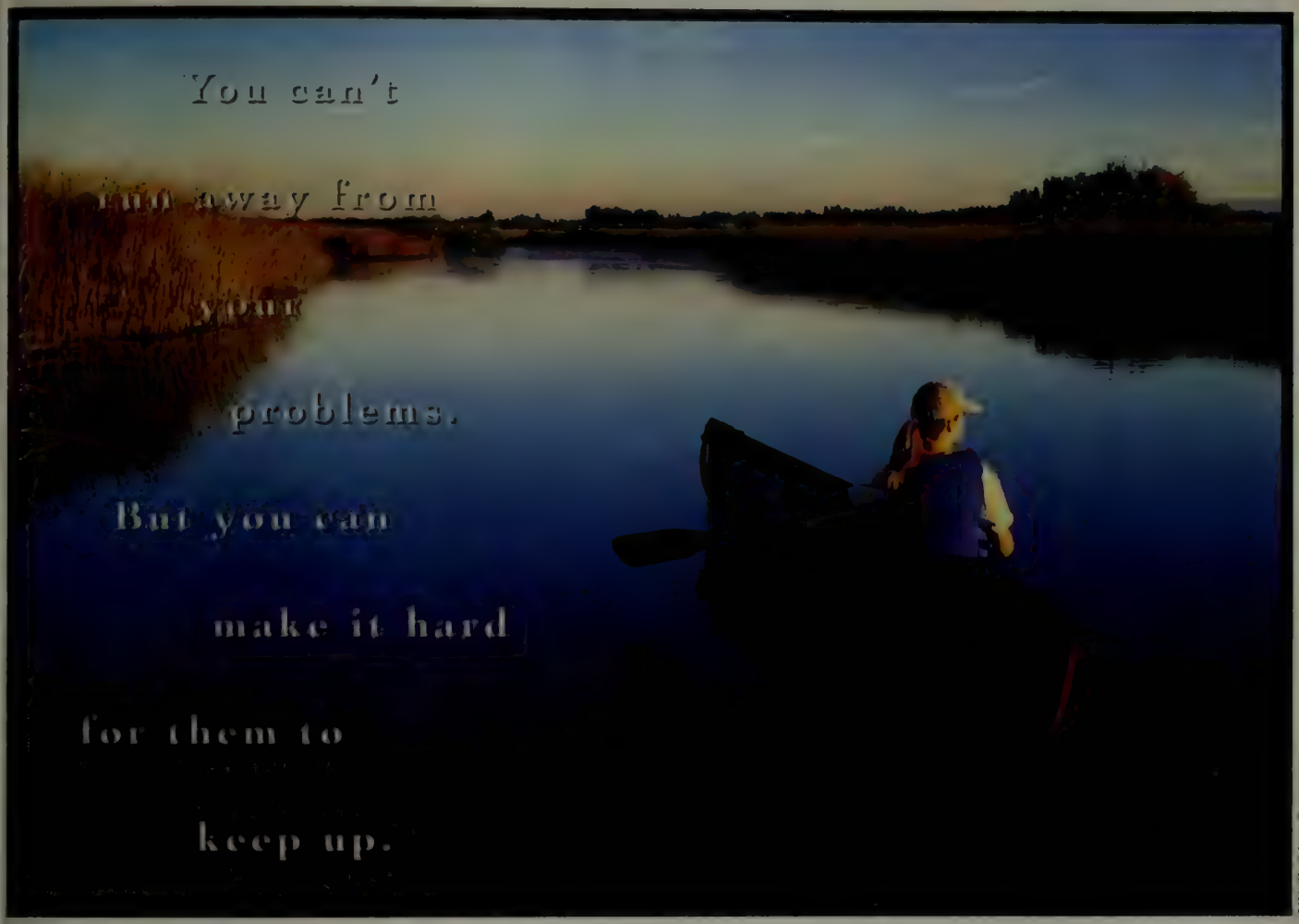


To make the basket (*left*), with a crafts stick, gently press five openings, evenly spaced, along each edge of a 5×5-inch foam food tray (washed and dried). Put a dab of glue in each opening. Push crafts stick through each opening so that ¼ to ½ inch of the stick pokes through the bottom of the tray. Glue each in place. Invert a berry basket inside the stick frame for support. Let frame dry. Remove berry basket. Cut four colors of ribbon 18 inches long. Weave each ribbon on the stick frame bottom to top. With glue, attach two crafts sticks to top of one row of five sticks; attach another pair of sticks on opposite side (see photograph, *left*). Glue grass clippings, straw, or Spanish moss to tray. Make a handle from two widths of colored ribbon, 10 inches long. Attach with glue; hold with clothespins until dry.

continued on page 278

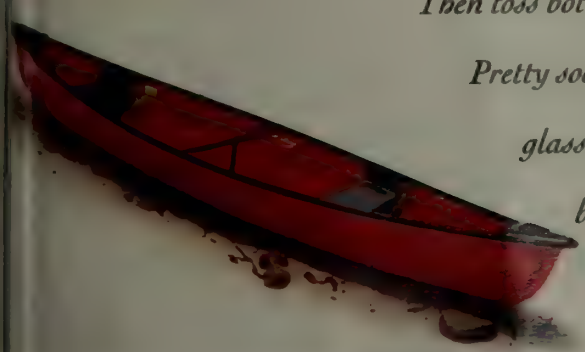


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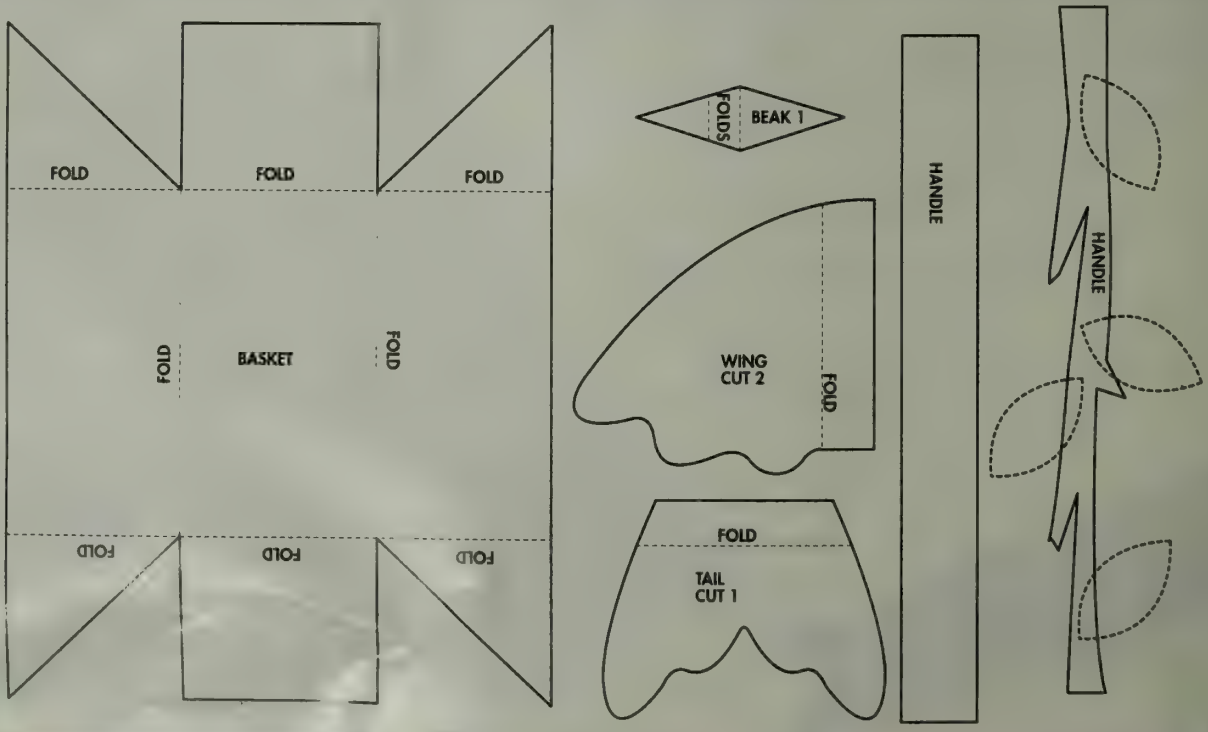
continued from page 276



A green and yellow basket

Part of the May Day fun is making your own May baskets for your friends. All these simple carriers are made with the same basic pattern.

Enlarge the pattern (*below*) 400 percent on a copy machine. Trace onto colored construction paper. Fold sides into center of basket; glue or staple square end flaps over triangle flaps. **For bird basket**, cut out wings, beak, and tail from enlarged pattern. Fold pieces along dotted lines, glue to basket. Use a marker to draw eyes. Attach handle with glue or staples. **For nest basket**, cut rounded scoops into top edges of basket. With marker, draw twigs on sides. Cut out handle and leaves from enlarged pattern. Attach handle with glue or staples. Attach leaves to handle.
For grass basket, cut ½- to 1-inch downward slits from top edges of basket. Attach handle with glue or staples. Cut flowers from bright paper. Glue onto handle.



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AUTOMOTIVE *by Lamont Olson*

your family car

For many of us, the trusty four-door sedan has been evicted from the garage and replaced by that "family room on wheels," the minivan. Here's a look at the two most popular minivans, their safety records, and what makes them family favorites.



DODGE CARAVAN

Caravan, the minivan pioneer in 1984, continues to be the industry's best-seller. Redesigned for 1996, it has a driver's-side sliding door that makes it easier to get in and out, or to load cargo. To haul bulky items, you can unlatch the "easy-out" roller seats and reposition them, or remove the seats altogether and roll them away for storage. The backs of the middle and rear seats also fold forward or recline. Reclining child safety seats are an option. For 1992–94 models, Caravan's collision injury record was 25 percent better than the average vehicle, according to the Highway Loss Data Institute. Two air bags and antilock brakes are standard.





FORD WINDSTAR

The Windstar is the top performer to date in the federal government's crash tests of 1996 vans (see chart, *below*), earning the highest five-star rating for both driver and front-passenger safety. Dual air bags and four-wheel antilock brakes are standard. Introduced in 1994, this front-wheel-drive Ford is noted for its comfortable ride compared to most minivans. A low floor makes access and loading relatively easy. Family-friendly options include middle and rear bench seats that fold down to form a bed, as well as integrated child safety seats in the middle row.

1996 VAN CRASH TEST RESULTS			RATINGS
DODGE GRAND CARAVAN	4000 LBS	DRIVER	★ ★ ★ ★
		PASSENGER	★ ★ ★
FORD AEROSTAR	3670 LBS	DRIVER	★ ★ ★ ★
		PASSENGER	★ ★ ★
FORD ECONOLINE	[illegible] LBS	DRIVER	★ ★ ★ ★
		PASSENGER	★ ★ ★
FORD WINDSTAR	3801 [illegible]	DRIVER	★ ★ ★ ★ ★
		PASSENGER	★ ★ ★ ★ ★
PONTIAC TRANS SPORT	3708 [illegible]	DRIVER	★ ★ ★ ★ ★
		PASSENGER	★ ★ ★
TOYOTA PREVIA	3644 LBS	DRIVER	★ ★ ★ ★
		PASSENGER	★ ★ ★

HOW TO INTERPRET CRASH RATINGS

In the federal test program, cars are crashed head-on into a fixed barrier at 35 mph, then rated from one to five stars based on the likelihood of life-threatening head and chest injuries. Five stars indicate the best protection. Results are useful only for comparing cars of similar weight (within a 500 pound range).

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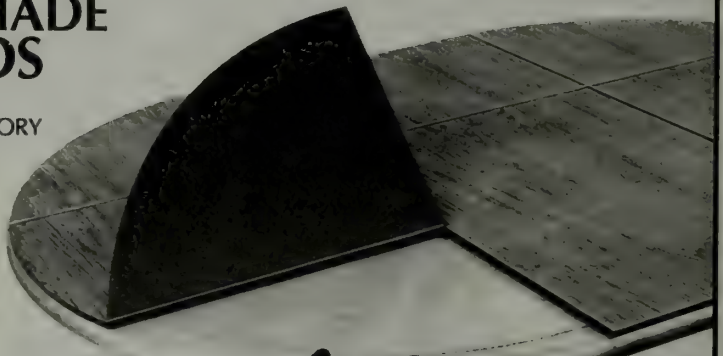
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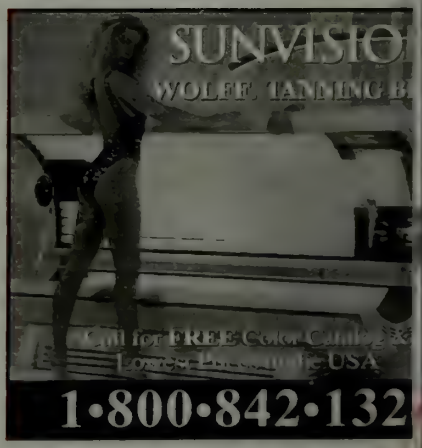
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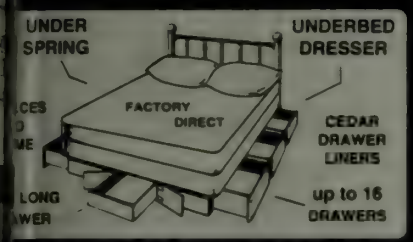
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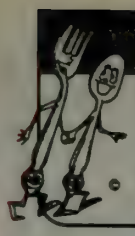
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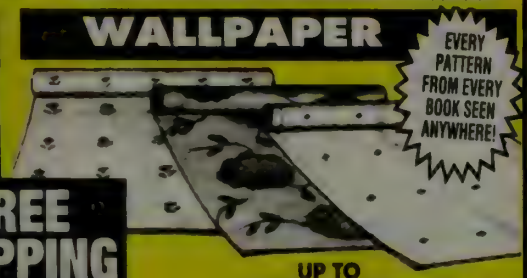
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"According to this health quiz, Harold, you're dead."

Retired from a successful major league baseball career overseas at the ripe old age of 36, Joe Novak's son, Phil, is home for a few weeks this summer. His gray-haired dad laughs, "And I'm still working!"

Pharmacist Tom Kenelly says that sometimes the pills behind his counter aren't nearly as much trouble as the ones in front of it.

Christine is thrilled that Rosemary will be coming home from college for the summer. The downside is that she's going to have to find space for all the things she's "temporarily" stored in Rosemary's room.

After zipping himself into his favorite pair of jeans, Burt Junior asked me, "What did people do before zippers?" Before I could answer, Grandpa Hillis piped up, "They cursed."

All the new building and home stores, which sell tools for every possible job, have made many people experienced do-it-yourselfers, but it's come at quite a blow to the wallet.



"I stopped to smell the flowers. Where's my inhaler?"

When the weather begins to turn balmy, says the Rev. George Hall, it's difficult to think of a sermon more exciting than a round of golf.

Nancy Smithson never thought much about year-round school terms until all her college kids came home at once with their laundry.

You know there's not much going on in the world when the fourth item on the evening news is a story about some guy who built a church completely out of old tires.

This is our Judy's happiest time of year. The end of school is coming, the swimming pools will be opening, and none of her favorite clothes from last summer fit so Christine has to take her shopping.

When Dot Dresch recently encountered Dr. Bob Hannelly on the street, she complained that her husband Dick still wasn't taking his prescription cholesterol pills. Dr. Bob responded, "Well, send him back to me, and I'll be sure to needle him about it."

Editor Earl Reeves gets so many letters to the editor chiding him for occasional grammatical glitches that he is beginning to believe all his subscribers are retired English teachers.

Lee Bayless never went by his first name of Edward and still does not respond to it. When he gets a phone call at home asking for "Edward Bayless" (almost invariably a sales call), he has a quick answer: "No one I want to talk to calls me Edward." And then he hangs up.

Burton Hillis

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Fixing garden nooks & ponds p. 115
Backyard retreats p. 133
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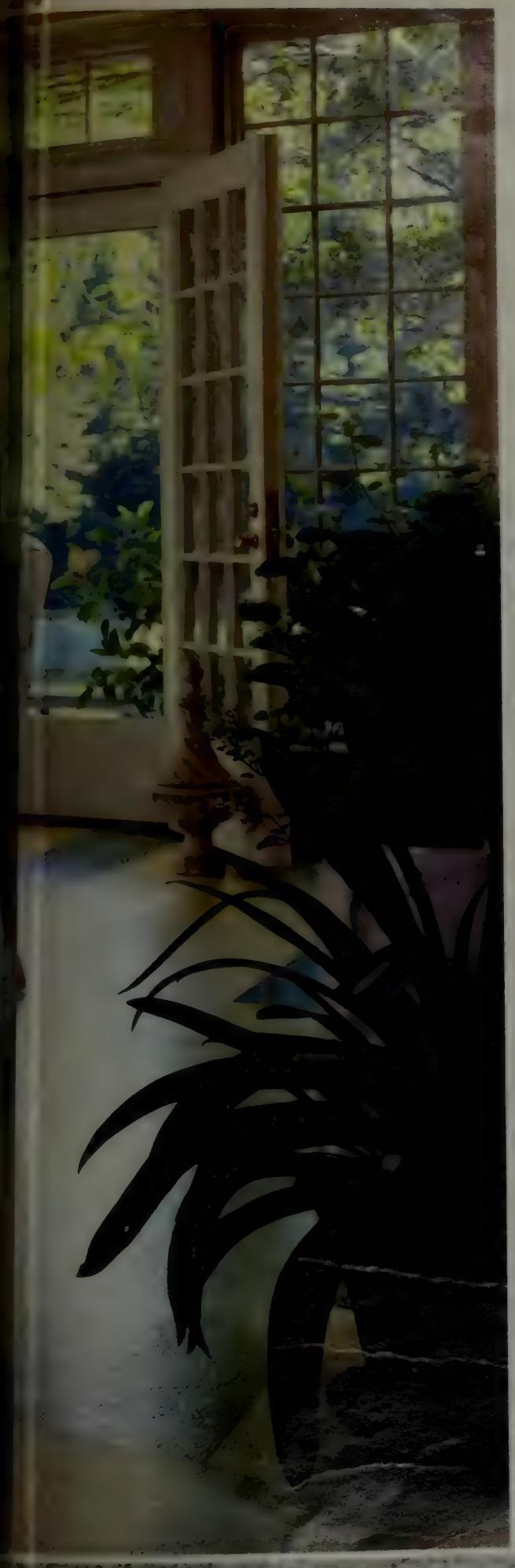
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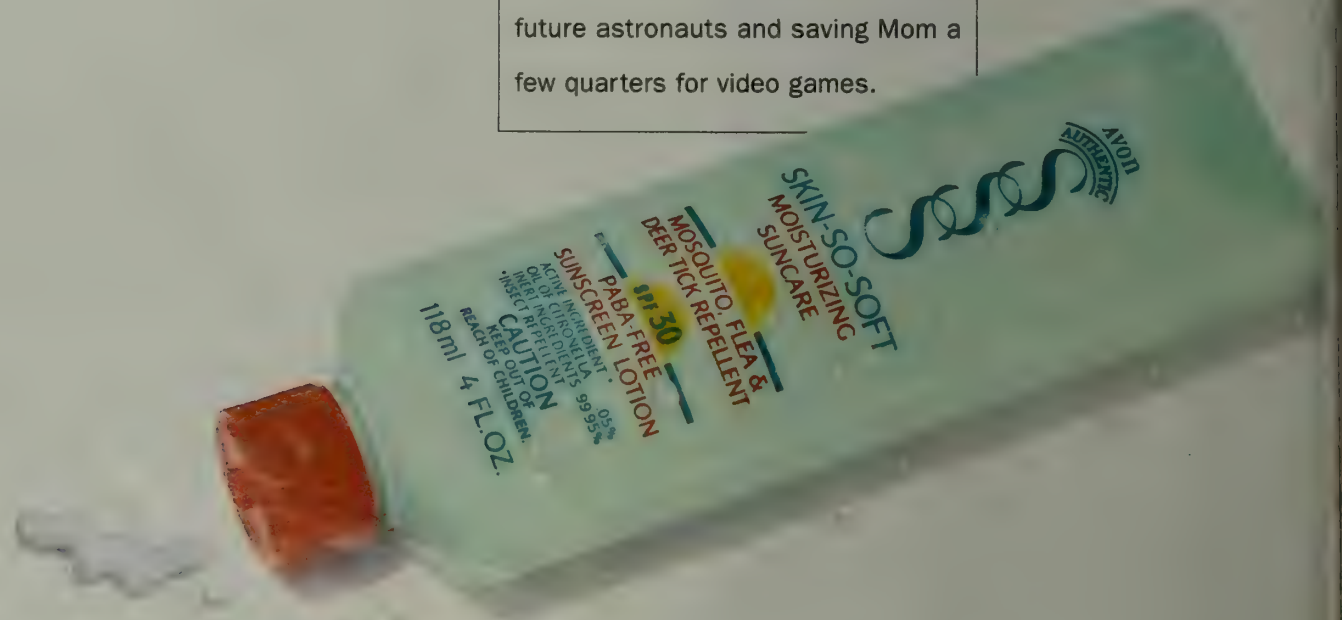
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CONTENTS

June 1996

VOLUME 74 NUMBER 6

133 On the Cover: Outdoor Living— *Serene and sunny getaways in your own backyard.*





167 Summer Camp Style *Let this log home counsel you on creative, casual style.*

182 Tastes of the Great Outdoors *Simple menus for easygoing summer gatherings.*





151 Perfect Porches *Settle into summer with a picture-perfect front porch.*

FRIENDS AND FAMILY

Editor's Letter 12
Family Network® *Readers' solutions to family problems* 18
BH&G Kids® *Creature Feature* 247
The Man Next Door® *Writes about family, friends, and neighbors* 258

GARDENING

Gardener's Almanac *New plants from old* 110
Ponds and Cascades *Cast a spell with the soothing sight of water* 115
Outdoor Rooms *Gardens with the comforts of home* 134
Garden Retreat *A small yard becomes an oasis* 145

DESIGN

Style in the Making® *Shelves designed for function and fun* 21
Table Talk *Turn affordable accent tables into decorative focal points* 36
Summer Camp Style *Casual decorating that looks great and lives easy* 167

continued on page 10

Cover Photograph: Bill Holt

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continued from page 9

BUILDING

Skyline Playground *Six kinds of fun in one* 102
Perfect Porches *Bring back old-fashioned summer comfort* 151
Above It All *Building for the view* 159
Tips, Tools, & Techniques 242

FAMILY MATTERS

Parenting *Why we need fathers* 46
Our Environment *Boost recycling, buy recycled* 92
Your Family Car *A best-seller gets a sibling* 244

HEALTH

New Ways to Treat Varicose Veins 54
Health Update *News that works for you* 66
Diabetes *Are you its type?* 74
Fitness Matters *Good news about shaping up* 80
Good Food/Good Health *Scaling the vegetarian pyramid* 96

FOOD

Tastes of the Great Outdoors *Laid-back summer menus* ... 182
The Clever Cook 213
Fishing for Compliments *Salmon fits the bill* 214
Turn a New Leaf *Tossable salad bowl ideas* 216
Today's Tuna Salad *It's fresh and never boring* 218
Slim Salad Dressings *Four new light recipes* 222
Baby Those Pickles *Crunchy ideas for gift giving* 224
The Art of the Tart *1, 2, 3, summer fruit tart* 226
No-Cream Ice Creams *Lactose-free dreams* 228
Flavorful Fruit Vinegars *Make now, drizzle later* 232
Win Money and Prizes for Your Recipes 232
Prize Tested Recipes®
Summer Salads, Favorite Cupcakes and Muffins 235

SHOPPING

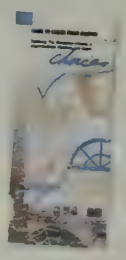
Buying Guide *Names and addresses of retailers and manufacturers* .. 238
Directory of Architects and Designers 240
Reader Shopping *Choosing to Reuse: Recycled Products to Buy* 95
Just for Kids: Playground and Playhouses to Build for Kids 101
Beautiful Outdoor Arbor Project Plan 142
Above It All Home Plan Blueprints 164
The Shopper's Mart 254

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between friends



ANDY LYONS

There's a saying, most often expressed by non-Minnesotans, that the mosquito is Minnesota's state bird. It may seem like that to anyone who didn't grow up with those dive-bombing, whining insects, but to Northwoods natives, mosquitoes are little more than a nuisance—nothing to keep a person from enjoying summer outdoor living.

As a kid growing up outside Duluth, I could hardly wait until evenings were warm enough for us to cart our supper to the picnic table out back where the yard merged with the shady woods. Dad had made our table and benches (with more concern for strength than for style) and settled them in a cluster of maple trees. To us kids, spreading a cloth on those rough boards and sitting down to a homegrown, home-cooked meal was more magical than eating in the world's fanciest restaurants. It was summer. Food just tasted better outside. And in our childhood exuberance, who cared about mosquitoes, ants, or any of the other critters who also seemed to prefer dining alfresco? (If you're the camp-out kind, see *page 182* for tasty foods to enjoy in the woods, the city park, or your own backyard.)

Because everything is more fun in the summer—and outside—we've loaded this issue with great ideas for outdoor living. I hope you enjoy the magazine, the summer, and, if not the mosquitoes, at least the ladybugs, butterflies, and other little creatures who, like the rest of us, have waited all winter for this.

Jean LemMon

Jean LemMon, *Editor in Chief*



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I'm trying to eat less meat. What other foods are high in protein?
Jill, Arizona

Eggwhites, tofu (soybean curd) and cottage cheese are excellent. So are soybeans, sunflower seeds, beans, peas and lentils.

I'm the single mother of a three-year-old. Should I start saving for college now?
Sandra, Illinois

Yes! The sooner you start, the faster your money grows. And financial aid officers will consider requests more favorably.

I need to clean my silver fast; my neighbor says to use the electrolytic method. Is this a good idea?
Michelle,CT

It's fast, but you'll lose in the long run. This technique actually removes silver from your tableware, leaving it dull. Silver polish and water are best.

For daytime television with real answers to life's questions, join Cristina Ferrare on **Home & Family,** *weekdays from 1-3 p.m. E/P on The New Family Channel. Send your questions to Cristina's Corner, P.O. Box 8900-A, Universal City, CA 91618-8900.*

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READERS' SOLUTIONS

WHEELCHAIR GAMES

Although I'm confined to a wheelchair, I have found ways to entertain my five active grandchildren when they're at our house. We play wheelchair games. Sometimes one rides on my lap while another pushes to see who's the strongest. Other times they run beside me as we race to the finish line. Besides having fun, they're learning that a person who has a handicap can enjoy life and take part in many, many things.

Judy Pipper
Cochranton, Penn.

CONFIDENCE CALL

To give your child a confidence booster, get on the phone and brag about him or her to a friend or grandma while your child is within earshot. These "brag calls" do wonders for a youngster.

Terri Inskip
Bloomington, Ind.

THE GIFT OF ADVICE

For a delightful shower gift for the bride-to-be, pass around a blank book and have the guests write their advice for a happy marriage. The entries can be sincere, serious, or humorous. The book also can be brought to the wedding and placed alongside the guest book for more entries.

Diana L. Comfort
Uncasville, Conn.

ADOPTION MEMORIES

A friend was in the process of adopting a baby. I suggested that she and her husband document everything that happened before they adopted their baby, including saving congratulatory letters from family and friends and having someone videotape them receiving the news and preparing the nursery. The child will always know how special he or she was to them.

T. Callaway
Houston, Texas

INCENTIVE TO WRITE

To encourage my grandchildren to write to me, I instituted an incentive system. I send a picture of a bird to them along with my personal letter and a stamped postcard addressed to me. I provide a finder's reward when I get the postcard back with the correct bird identification. This gives the children a little spending money while instilling in them an interest in birds.

Sophie Palla
Morris Plains, N.J.

SUMMER CAMP SURPRISES

When my children go to summer camp, I wrap little presents, goodies and love notes for them to open each day they're away from home.

Becky Shook
Slater, Iowa

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens,* 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®.* We will pay $50 for each idea published, if you provide your Social Security number.

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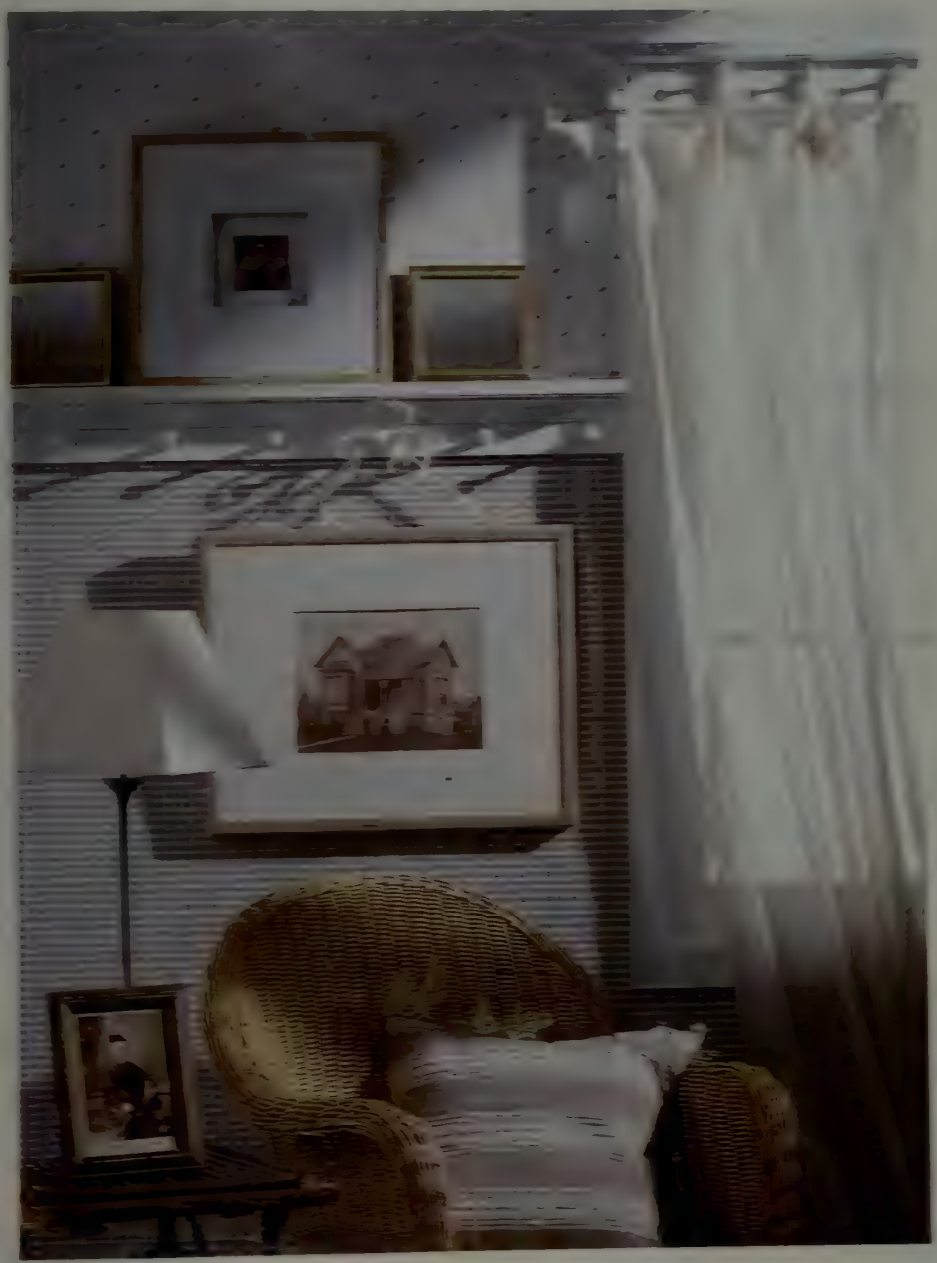
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Shelve It

Don't settle for blank walls. Put them to work in a decorative—and practical—way. Let these shelving ideas add architectural interest and purpose to your backdrops.



PEGGED FOR DISTINCTION

For wall dressing that goes beyond a splash of paint and strips of wallpaper, try Shaker-style peg shelving. This shelving works hard as both a rail for displaying pictures and a rod for hanging curtains. It's also a decorating band leader, creating visual rhythm and linking the room's contents as it leads the eye around the room. When styling your wall, avoid visually cutting it or the window in half. In a room with a standard eight-foot-high wall and typical window placement, the shelf will hang about two-thirds of the way up the wall and about a third of the way down the window's side, as shown. Butt the picture rail against the window frame and place the end of the curtain rod flush with the edge of the window frame. (For how-to instructions, see page 32.) *continued on page 21*

Shelve It

When wall space and storage are at a premium, set rows of crystal to the challenge. Light and airy, these stemware racks add height and dimension, yet won't overpower a small area.



PLEASANT-UNDER-GLASS RACKS

Shelves displaying glassware put rise-and-shine sparkle into any cozy nook. Without the clamor of color or pattern, they dazzle walls with interesting shapes while also keeping stemware close at hand. Single- and double-width stemware racks draw a horizontal line that counters the vertical-plank paneling on the wall [illegible] pleasing design balance. Emerging from the same corner but at different levels, the racks stairstep downward, leading the eye to the table setting below them. When light spills in from the window or an overhead light fixture, gleaming glasses cast a play of shadow over once-stark walls. (For how-to, see *page 32.*)

continued on page 24


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Just a squeeze of Jergens® Body Shampoo gives you a burst of lather that rinses easily, without soap film or dryness. Your skin feels so clean and fresh, you'll say goodbye to bar soap forever.
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Another beautiful idea
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STYLE IN THE MAKING

Shelve It

At first glance, you'd never guess this was a for-looks-only fireplace. Narrow by any standard, the easy-to-add architecture succeeds thanks to the massive strength of its mantel.



FABULOUS FAKE FIREPLACE AND MANTEL

This petite fireplace may not be the real McCoy, but when it's this good-looking and fuss-free, who needs a blazing fire? It draws the eye and warms the soul with its natural, knotty-pine charm and fits almost any space. Ours measures 32 inches wide, 6 inches deep, and runs floor-to-ceiling; the mantel is placed roughly at standing eye level. The fireplace opening has a graceful verticality, measuring 18 inches wide by 30 inches high. To create an illusion of size, team wide-plank paneling with a mantel of thick-cut wood. Use richly hued wall coverings for contrast. For interest and dimension, consider a painterly border as a well-coordinated and budget-happy stand-in for framed art. (For how-to instructions and bracket pattern, see *page 32* .) *continued on page 27*

How far do you have to go to njoy a cup of coffeehouse coffee?

(Well, how far away is your coffeemaker?)

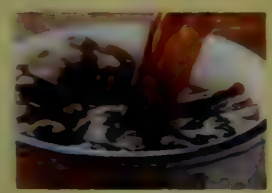
Wouldn't it be great if you could enjoy the kind of coffee they serve at coffeehouses in the comfort of your own home? Well, you can. Introducing new MAXWELL HOUSE® Italian Espresso Roast.



Deep, intense, but not bitter, it's a very special coffee that captures the flavor and aroma of the coffeehouse. (And perhaps some of the mystique.) But maybe the best news of all is, you can brew it in your regular coffeemaker. Any time of day or night. Just think, no fancy machines. No limit to the kind of interesting coffee drinks you can create. And no better place to enjoy them than in your own home. All this makes MAXWELL HOUSE Italian Espresso Roast not just a new coffee, but a new idea – from one of the oldest coffeehouses in America.



Introducing the first coffeehouse coffee that's "Good to the Last Drop.®"



Deep, intense, but not bitter. A coffee that creates quite a stir on its own.



Of course, it also makes a great caffé latte, caffé mocha or

(your favorite here)



Coffeehouse flavor so special, it may inspire you to write. (Hmmm...Dear Mom)

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New Maxwell House GOOD TO THE LAST DROP Italian Espresso Roast

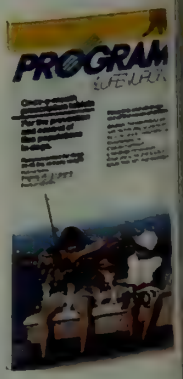


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PROGRAM® (lufenuron) is the only once-a-month flea control tablet for dogs. It's a different kind of flea control. PROGRAM breaks the flea life cycle by stopping the development of eggs, to control infestations. And it really works! (If you have a serious flea problem, you can speed control by using traditional flea control products temporarily, with PROGRAM.)

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One dose. Once a month. It's that simple.™

Brief summary: Please consult full package insert for more information. **Indications** PROGRAM Tablets are indicated for use in dogs six weeks of age and older for the prevention and control of flea populations. PROGRAM Suspension is indicated for six weeks of age and older, for the control of flea populations. **Caution:** U.S. Federal law [illegible] on the order of a licensed veterinarian. **How supplied (Tablets):** PROGRAM Tablets are available in four tablet sizes, 45.6 mg (brown), 204.9 mg (yellow) and 409.8 mg (white). They are formulated and [illegible] dog. Each tablet size is available in color-coded packages of six tablets each. **(Suspension):** PROGRAM Suspension is available in [illegible] of unit dose packs, 135 mg (orange) and 270 mg (green). The unit dose packs are formulated and [illegible] the weight of the cat. Unit dose packs are available in color-coded packages of 6 unit packs per carton. **Storage conditions:** Tablets and PROGRAM Suspension should be stored at room temperature between 59°F and 86°F (15-30°C) [illegible] Corporation. PROGRAM, trademark of Ciba-Geigy Corporation.

Shelve It

Gracefully scrolled corbels do more than hold up this low-level shelf—they create a support elegant enough to pull the piece into a formal room as fine and useful furniture.



TABLE GRACE

Curvy corbels add verve and substance to this shelf, transforming it into a beautiful, space-saving entry table, side table, or buffet. Newly aged with layer upon layer of colorful paint, the corbels take a distinctive stance when backed against this uncluttered wall. Because the shelf functions as furniture, plan the height of the piece at about 30 inches—standard table height. Then shop for corbels at antiques shops or salvage houses, auctions, and home improvement centers. For the shelf, choose a plank according to the corbel's size; it should be no deeper than twice the corbel. To age the unit, brush each piece with a layer of rust paint. Next, apply a wash of one part white latex paint to one part water; lightly wipe excess with a rag. Brush on random strokes of pink, gold, and black latex. Fleck with black latex. Seal with polyurethane. Let paint dry between colors. *continued on page 32*

A purr-fect adventure.

Four little charmers invite you to spend a relaxing moment by the lily pond

Here's a scene so welcoming, you'll want to slip off your shoes and dabble your toes in the mirror-bright water just so you can play with these lovable kittens!

This adventuresome little quartet—all soft and sweet and brimming with curiosity—has made a most wonderful discovery... and they're longing to share it with you.

Listen to the rush of a tiny waterfall. Feel the coolness of a fern-filled glade. Be dazzled by gorgeous lilies and tangerine-colored fish. Reach out and tousle a furry little head and feel the whisper-soft brush of a kitten's whisker.

Every heartwarming detail from artist Jürgen Scholz's original painting has been re-created on shimmering hard-fired porcelain. Imagine how often you'll smile as you enjoy this collector's plate displayed in your own home.

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LPG-452

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Actual diameter:
7¾ inches

"By the Lily Pond"

An endearing portrait of feline fun re-created on shimmering porcelain.

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1. How to enter using a "Finesse Your Fantasy" PhonePass: Call 1-800-449-3382 from a touch-tone phone only, from May 1 through September 30, 1996. When calling, you must be prepared to provide the PIN featured on the back of your "Finesse Your Fantasy" PhonePass. If you're a winner, you will be switched to an operator who will obtain complete name and address information, and then you may use your phone time. If you are not a winner, you will hear a "Sorry" message and may then use your phone time. You will only be able to enter the sweepstakes the first time you use the PhonePass. If you elect not to enter the sweepstakes at that time, you will not be given another chance to enter. Limit one sweepstakes entry per PhonePass. Calls must originate from a phone in the domestic United States.

No purchase or PhonePass Necessary: To enter by mail, hand-print your complete name and address, including zip code and phone number on 3"x5" paper. Mail entry to: "Finesse Your Fantasy," P.O. Box 610, Parsippany, NJ 07054-0610. Mailed entries must be postmarked by September 30, 1996 and received by October 14, 1996. One entry per envelope. Sponsor not responsible for lost, late, postage-due or misdirected mail.

2. Winner Selection: Winners will be determined at random from all PhonePass entries and mail-in entries received. Mail-in winners will be selected on or about October 30, 1996 in a random drawing from all mail-in entries received. The odds of winning via a PhonePass and/or mail-in entry will depend on the number of eligible entries received. Winner selection will be under the supervision of an independent judging organization whose decisions are final. PhonePass winners will be notified by mail within 2-4 weeks of the call. Winners via mail-in option will be notified by mail by December 28, 1996.

3. Prizes and Approximate Retail Value: Grand Prize (1) $50,000.00 Cash; First Prize (2) $25,000.00 Cash, Second Prize (50) A $500.00 shopping spree in the form of a check; Third Prize (1,500) A one-year supply of Finesse products in the form of $33.00 in Finesse coupons; Fourth Prize (4,500) A 15-minute prepaid PhonePass ($6.75 value). The PhonePass prize will include phone time only and will not include another entry into this sweepstakes.

4. Eligibility: Open to legal residents of the U.S., except employees of Helene Curtis, Inc., its affiliates, subsidiaries, agencies, phone providers and the immediate families of each. Void where prohibited. Potential Grand and First Prize Winners will be required to sign and return an Affidavit of Eligibility and Liability Release and, where legal, a Publicity Release within fourteen (14) days of attempted notification or prize may be awarded to an alternate winner. In the event that a Grand or First Prize is won by a minor, the prize will be awarded in the name of the winner's parent or legal guardian. All federal, state and local laws apply. Taxes on prizes are winner's responsibility. Helene Curtis, Inc., and its agents and assigns will not be responsible for any losses due to lost, postage-due or misdirected mail or entries, incomplete information provided via phone or telephone system, or electronic equipment failure or data loss. Limit one prize per person. All prizes will be awarded and winners will be notified by mail. Entry and acceptance of prize grants sponsor the right to use a winner's name, city and state of residence and/or likeness for advertising/publicity, without notice or additional compensation, except where prohibited by law. No substitution or transfer of prize except by sponsor due to unavailability. By participating in the sweepstakes, entrants agree to be bound by these rules and the decisions of judges and sponsors which shall be final, and entrants release the sponsor and its agents and assigns from any claims, liability and/or loss resulting from participation in the sweepstakes or the acceptance or use of any prize.

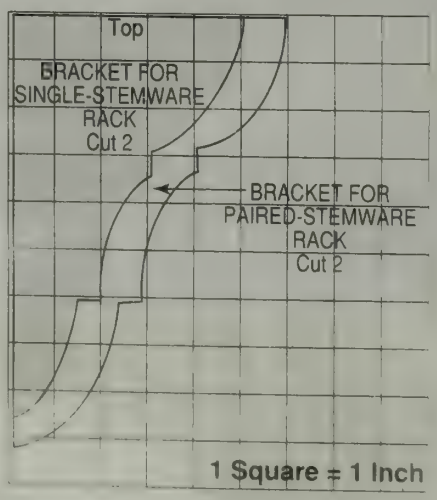
5. Winners List: For a list of major prize winners, available after January 6, 1997, send a self-addressed, stamped envelope to be received by October 14, 1996 to "Finesse Your Fantasy" Winners, P.O. Box 55, Parsippany, NJ 07054-0055. Sponsored by Helene Curtis, Inc., 325 N. Wells St., Chicago, IL 60610.

Shelve It

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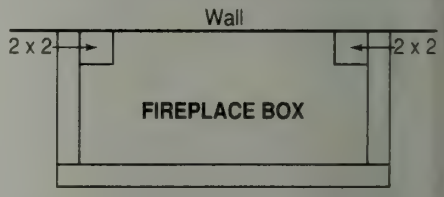
PEGGED SHELVES (*page 21*): *For picture rail,* begin by crosscutting 1×8 pine to length. Then rip-cut (along the board's length) into a 4-inch-wide piece for the shelf, and a 3⅜-inch-wide peg rail. Glue and nail shelf to rail at a 90-degree angle, flush on back. Cut decorative molding the length of the piece; glue and nail to inner corner. Drill holes for 2-inch-long mini-Shaker pegs about 5 inches apart and 1¼ inches from the bottom edge. *For curtain rod,* cut 2½-inch-wide peg rail to length, matching width of window frame. Drill holes for pegs, spacing as you did on picture rail. Cut the shelf 3¼ inches wide and 2 inches longer than the peg rail. Hold shelf atop window frame to mark line on bottom of shelf along frame. Place and center back of peg rail even with line; glue and nail. Paint, then drive screws through top of shelf into window frame.

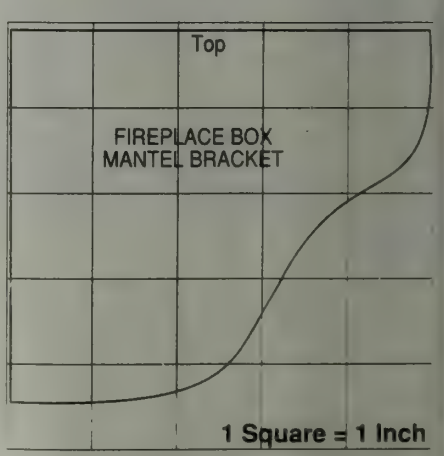
STEMWARE RACKS (*page 22*): Enlarge pattern (*below*) and cut two brackets for each shelf size from 1×8 pine. Also cut the shelves to 6×32 inches and 7¼×48 inches. Glue, clamp, and nail the brackets flush with back edge of the shelf, 3 inches from each end. Cut stemware molding (available readymade at lumber stores) into seven 5-inch and eleven 6-inch pieces. For each shelf, cut a left edge from one molding piece and a right edge from another. Place these cut edges at the ends of each shelf, facing brackets. Evenly space full molding pieces (ours are center-spaced 3¾ inches apart) flush with back edge of shelf. Glue and nail in place. Paint.



FIREPLACE UNIT (*page 24*): *For fireplace box,* measure height from floor to ceiling. Cut two pieces of ¾-inch-thick plywood the height and desired depth of box for sides. Cut two 2×2s to length, and screw to sides, referring to diagram (*below top*). Use a level to plumb the sides, and screw through the 2×2s into studs or wall anchors. Cut a piece of ¾-inch-thick plywood to size for the front. Mark front for fireplace opening; cut out. Nail front to sides. Cover with drywall, paneling, or wainscoting. Add paint, wall covering, and border as desired. Paint inside area of fireplace opening black. Add base and shoe. *For mantel shelf,* enlarge pattern (*below*). From 2×8 pine, cut a 6-inch-wide shelf to length; cut brackets (ours are 5½ inches apart). Glue and clamp brackets to shelf, then drive countersunk screws angled from back of brackets into shelf. Paint.

Mounting instructions: Trace shape of keyhole hangers on back of shelf. Remove waste to thickness of hanger with chisel or crafts knife. Screw keyhole hangers in place. If necessary, dig deeper into the wood to allow for wall-mounted screws. ■





OF COURSE you DON'T LIVE a FANTASY LIFE.



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Whenever My Ex-Husband Dates This One Skinny Blonde, I Have A Secret Trick I Play On Him.

by Leslie McClennahan

Did you ever notice that when you're fat, men don't look you in the eye? They look cross your shoulder. There's no eye contact.

My name is Leslie McClennahan. I'm a real erson. I live near Goose Creek, South arolina. Up until two years ago, I was never oked in the eye. By anyone.

I was falling asleep by 8 o'clock most evenings. When I did go out for an evening, my husband was ashamed of me. And said so o my face. When I walked, my thighs brushed ogether. I couldn't even cross my legs. I was at. Not just "overweight." Fat. I was 5'5" tall nd weighed 205 pounds.

About 18 months ago, my husband Darrell eft a "Dear Leslie" letter on my dresser and roke off our relationship.

I went for counseling. I knew that my weight was the source of my troubles. But I'd ried 14 different diets. One by one. And I ailed at all of them.

My counselor listened carefully and recommended an entirely different program. This wasn't a "diet." It was a unique new weight-loss program researched by a team of bariatric physicians — specialists who treat the severely obese. The program itself was developed by Robert Johnson, M.D. of Charleston, South Carolina.

I entered the program on October 2nd. Within the first four days, I lost only three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Rapidly. Within the next 193 days, I went from 205 pounds to 124 pounds. To me it was a miracle. This was the first time in my life I'd ever lost weight *and kept it off!*

The reason the program worked was simple. I was *always* eating. I could eat *six times every day.* So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could even snack at night while I was watching TV.

How can you eat so much and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour cycle.

Nutritionally dense portions of special fiber, unrefined carbohydrates, and certain proteins that generate a calorie-burning process that continues all day long ... a complete 24-hour fat-reduction cycle. Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors.* No one else. In fact, The Charleston Program has been used by 207 doctors in the U.S. and Canada to treat more than 6,250 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too...

- There are no amphetamines. No drugs of any kind.
- No pills. No powders. No chalky-tasting drinks to mix.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- There are no daily charts or records to keep.
- You eat foods you enjoy. Great variety. Great taste.
- You can dine out.
- There's much less fluid retention.

But *here's* the best part...

Once you lose the weight, you'll *keep it off.* Permanently! Because you're not hungry all the time.

Let's face it. We all have "eating life- styles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to change all that.

And *that's why they fail!*

The Charleston Program is different. It lets you *continue your normal eating lifestyle.* You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Permanently.

Here are some *other patients* from South Carolina who entered Dr. Johnson's program with me.

Marie C. is a 42-year-old textile worker who went from 167 to 139 pounds.

As I got into the program, I began to feel better, to develop more energy. Now my husband has trouble keeping up with me — in every way!

Dr. Karl D. is a 36-year-old man who went from 237 to 168 in only *six months!*

...words cannot describe how good I feel. I'm not hungry or tired at all. I feel alive again!

Josette C. is a 33-year-old woman who went from 165 to 119 in four months.

My husband has started looking at me the way he did before we got married. It's wonderful.

And then there's *me.*

Whenever I see my ex-husband, Darrell, and his blonde girlfriend, I have this secret trick I play on him. I know the restaurant where the two of them go with several other couples. I love to go there with a date — I have plenty now — stroll past his table and softly whisper, "Hello, Darrell."

I know through the "grapevine" that they all keep asking about me ... Am I still single? ... Does he still care about me? ... Are we still seeing each other? And, each time he has to explain ... I love it.

Obviously, I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Johnson has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 35 days. Show it to your doctor. Try it. There's *no obligation.* In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance, if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your *original uncashed check.* No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Charleston Program, c/o Green Tree Press, Inc., Dept. 119, 3603 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER

As your weight begins to drop, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight-loss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.

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by Rebecca Jerdee



Table Talk

With these affordable tables and our clever tablecloth tricks, you can make an accent table more than a surface to hold objects of beauty or bedside necessities—the table and its dressings can actually help you pull a scheme together. Think of it as a decorative medallion that creates a focal point and elevates its contents way beyond tabletop height.

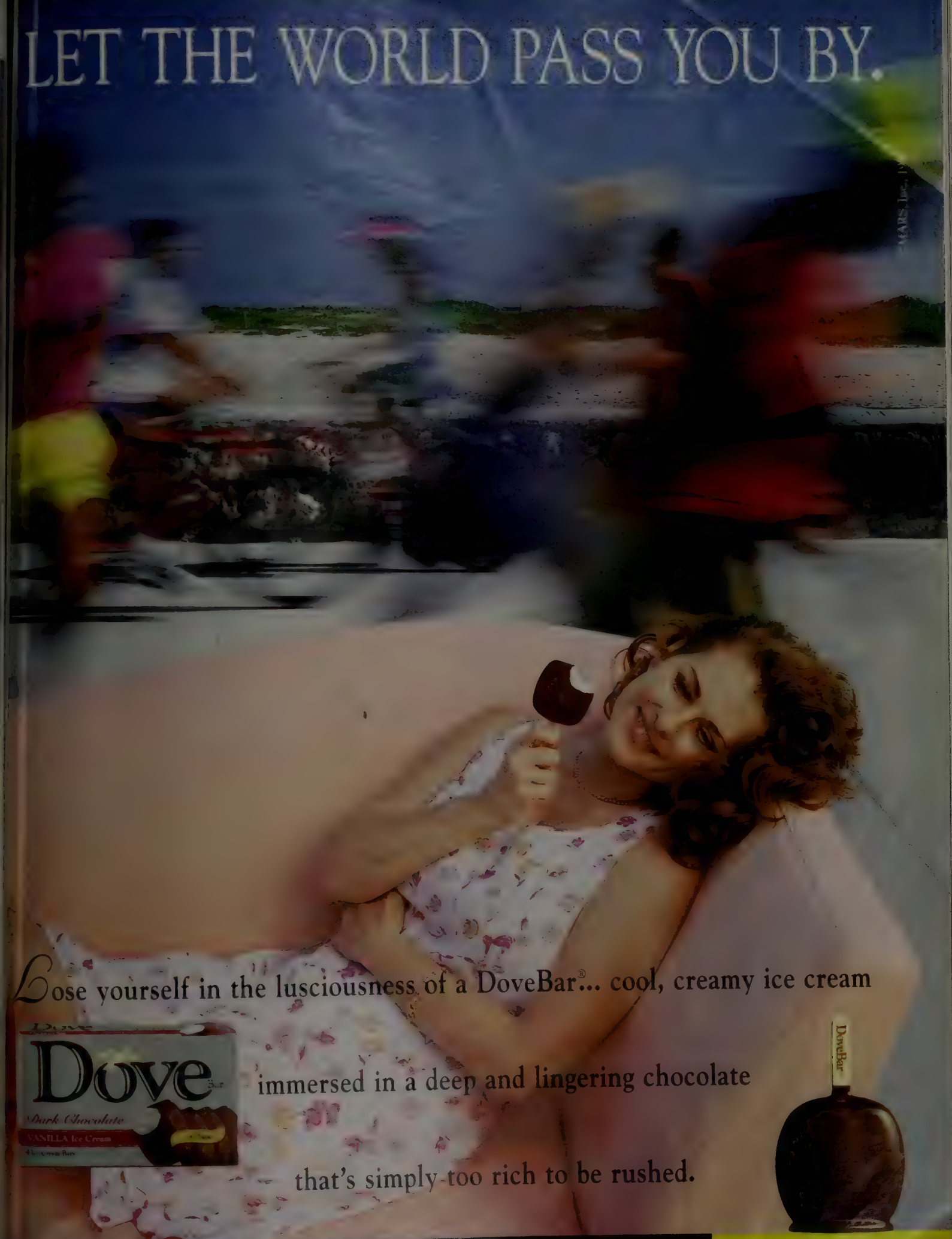
Roundabout Memories

Add unexpected style and dimension to a plain room with a ready-to-assemble table (see page 38) that's been given stature with a layering of covers that are gutsy (bold plaid and chunky fringe) yet sophisticated (a neutral eco-palette and solid linen overlay). A nearby fireplace surround anchors the table but, unlike a massive hutch, takes up only six to eight inches of depth. Top the table with glass for practicality—precut or custom-cut glass protects the fabric from spills and presses mementos into service.

Continued on page 38

Instructions on page 44.

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Table Talk

Bedside Manners

It's easy to become a decorating quick-change artist. Replace a nightstand with a larger, lavishly covered table; sneak in a lightly scaled chair and ottoman, and a basic bedroom becomes a luxurious retreat. Here, a low-cost particleboard table serves as the base for a gracious layering of fabrics: a floor-length sweep of richly textured burlap topped with a square of linen. All the trimmings—hefty cording, buttons, and tassels—create visual interest without cluttering the room with unnecessary pattern.

continued on page 40

Instructions on page 44.



Decorators rely on inexpensive tables (used here and on page 36*) to hold down furniture cost—leaving a bigger budget for linens and other visible trims.*

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Table Talk





Pretty is as pretty does. A classic beauty, this unfinished piecrust table serves tea or a snack beautifully, then tilts and steps into the background to save space.

A Tabletop Trilogy

Instead of the expected coffee table, a cluster of surfaces of varied heights gives a room flexibility. Here, a trio of tables donned in pink takes center stage in a living room that can serve tea this afternoon and hors d'oeuvres tonight. In the center, a tilt-top table with a crimped piecrust edge rises above the standard, low coffee table, putting snacks within easier reach of seated guests. When not needed, the tabletop flips up and the table slides out of the way, making room for a low bench that doubles as an ottoman during moments of quiet relaxation. No matter what the occasion, layers of pink and white chintz, jagged-edged laces and linens, and dainty china and silver accessories turn the disparate surfaces into one happy family.

continued on page 42
Instructions on page 44.



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Table Talk



Double-Duty Diner

Slide a slender harvest-style table in front of a bay window and you've got a setting that works hard sometimes and looks great all the time. On work-at-home days, a stylish folding chair faces the window to make bill paying or resume writing less of a drudge. Later on, create a dining space by adding chairs and pulling the table 10–12 inches from the window seat for ample leg room. (For a picture window or bank of windows, make a "window seat" with a pillow-plumped bench.) When dining is done, the table anchors the end of the room as a mini-library. A palette of tans in gentle stripes and quiet textures eases you into the work or dining mode. The printed pillows, curtain, and tabard-style runner—tossed on widthwise for a twist and to make way for more writing surface—underline the style without obscuring its subtle deco[illegible]

continued on page 44

Buying information, page 238

To make a table runner, cut the fabric narrower than the tabletop (lengthwise or widthwise) and long enough to hang more than halfway to the floor. Fold and cut the short ends to points, then narrowly hem all the sides. Tack a tassel onto points.


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CLARITIN
Loratadine
Tablets
Non-Sedating Antihistamine

SUMMARY
(For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN Tablets are indicated for the relief of nasal and non-nasal symptoms of seasonal allergic rhinitis and for the management of idiopathic chronic urticaria.

CONTRAINDICATIONS: CLARITIN Tablets are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

PRECAUTIONS: General: Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) should be given a lower initial dose (10 mg every other day) because they have reduced clearance of CLARITIN Tablets.

Drug Interactions: Loratadine (10 mg once daily) has been safely coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs and adverse events. There were no significant effects on QT_c intervals and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month oncogenicity study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies, pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (active metabolite) times higher than a human given 10 mg/day. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (active metabolite) times higher than a human given 10 mg/day. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN Tablets is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction in the mouse at 40 mg/kg and rat at 25 mg/kg, but not at lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at approximately 64 mg/kg and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at doses of approximately 24 mg/kg.

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats and rabbits at oral doses up to 96 mg/kg (75 times and 150 times, respectively, the recommended daily human dose on a mg/m^2 basis). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN Tablets should be used during pregnancy only if clearly needed.

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk and achieve concentrations that are equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for the parent and active metabolite, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and metabolite was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN Tablets are administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been established.

ADVERSE REACTIONS: Approximately 90,000 patients received CLARITIN Tablets 10 mg once daily in controlled and uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 weeks' to 6 months' duration. The rate of premature withdrawal from these trials was approximately 2% in both the treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CLEMASTINE 1 mg BID n = 536	TERFENADINE 60 mg BID n = 684
Headache	12	11	8	8
Somnolence	8	5	22	9
Fatigue	4	3	10	2
Dry Mouth	3	2	4	3

Adverse events reported in placebo-controlled idiopathic chronic urticaria trials were similar to those reported in allergic rhinitis studies.

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the number of non-white subjects was relatively small.

In addition to those adverse events reported above, the following adverse events have been reported in 2% or fewer patients:

Autonomic Nervous System: Altered lacrimation, altered salivation, flushing, hypoesthesia, impotence, increased sweating, thirst.

Body As A Whole: Angioneurotic edema, asthenia, back pain, blurred vision, chest pain, conjunctivitis, earache, eye pain, fever, leg cramps, malaise, rigors, tinnitus, upper respiratory infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, syncope, tachycardia.

Central and Peripheral Nervous System: Blepharospasm, dizziness, dysphonia, hyperkinesia, migraine, paresthesia, tremor, vertigo.

Gastrointestinal System: Abdominal distress, altered taste, anorexia, constipation, diarrhea, dyspepsia, flatulence, gastritis, increased appetite, nausea, stomatitis, toothache, vomiting.

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depression, impaired concentration, insomnia, nervousness, paronitia.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis.

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemoptysis, laryngitis, nasal congestion, nasal dryness, pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, pruritus, purpura, rash, urticaria.

Urinary System: Altered micturition, urinary discoloration.

In addition, the following spontaneous adverse events have been reported rarely during the marketing of loratadine: abnormal hepatic function, including jaundice, hepatitis, and hepatic necrosis; alopecia; anaphylaxis; breast enlargement, erythema multiforme; peripheral edema; seizures; and supraventricular tachyarrhythmias.

OVERDOSAGE: Somnolence, tachycardia, and headache have been reported with overdoses greater than 10 mg (40 to 180 mg). In the event of overdosage, general symptomatic and supportive measures should be instituted promptly and maintained for as long as necessary.

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except in patients with impaired consciousness, followed by the administration of activated charcoal to absorb any remaining drug. If vomiting is unsuccessful, or contraindicated, gastric lavage should be performed with normal saline. Saline cathartics may also be of value for rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis. It is not known if loratadine is eliminated by peritoneal dialysis.

Oral LD_{50} values for loratadine were greater than 5000 mg/kg in rats and mice. Doses as high as 10 times the recommended clinical doses showed no effects in rats, mice, and monkeys.

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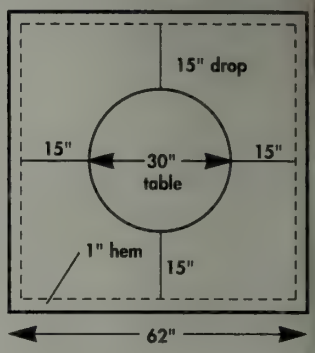
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Rev. 9/95 18779501T-JBS

Table Talk

continued from page 42

Here are the basics needed to make the square toppers and to-the-floor round cloths for the circular tables on *pages 36–42*. The measurements here are based on a 30-inch table, but are adaptable to any size. Seam allowances are ½ inch; hems are 1 inch (¼ inch for turning the raw edge under, ¾ inch for the hem). If you want a wider hem, use the hem width you want plus the ¼ inch.

TO MAKE SQUARE TOPPERS FOR ROUND TABLES:



Measuring: Measure the table's diameter. For the drop, add 15 inches to each side, then add the hem amount to each side. For example, 30 (diameter) + 15 (drop) + 15 (drop) + 1 (hem) + 1 (hem) = 62 inches. Your cloth should be 62×62 inches.

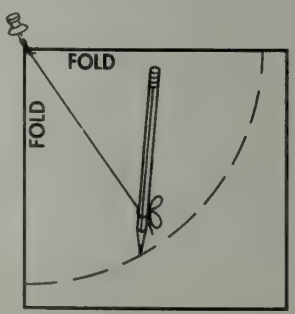
Piecing: If your measurements are wider than the fabric, you'll need to piece the cloth. To avoid a seam down the center, cut three panels. Cut a center panel the same length as above. For the width, add two seam allowances to the table's diameter—30 + ½ + ½ = 31 inches. The center panel should be 62×31 inches. Cut two side panels the same length as center panel. For the width, add the drop, the seam allowance, and the hem—15 + ½ + 1 = 16½ inches. Each side panel should be 62×16½ inches.

Sewing: Sew the side panels to the center panel, then hem. Add fringe, buttons, lace, piping, or other trims.

TO MAKE ROUND TABLECLOTHS FOR ROUND TABLES:

Measuring: Round tablecloths start as a square, with the measuring, piecing, and assembly done in the same way the square topper is made. For a floor-length cloth, substitute the distance from the tabletop to the floor (ours is 30 inches) for the 15-inch-drop measurement on the diagram (*above*). The finished dimension is 92×92 inches (30 + 30 + 30 + 1 + 1 = 92 inches). Then add a few inches larger than this dimension to make cutting the circle easier.

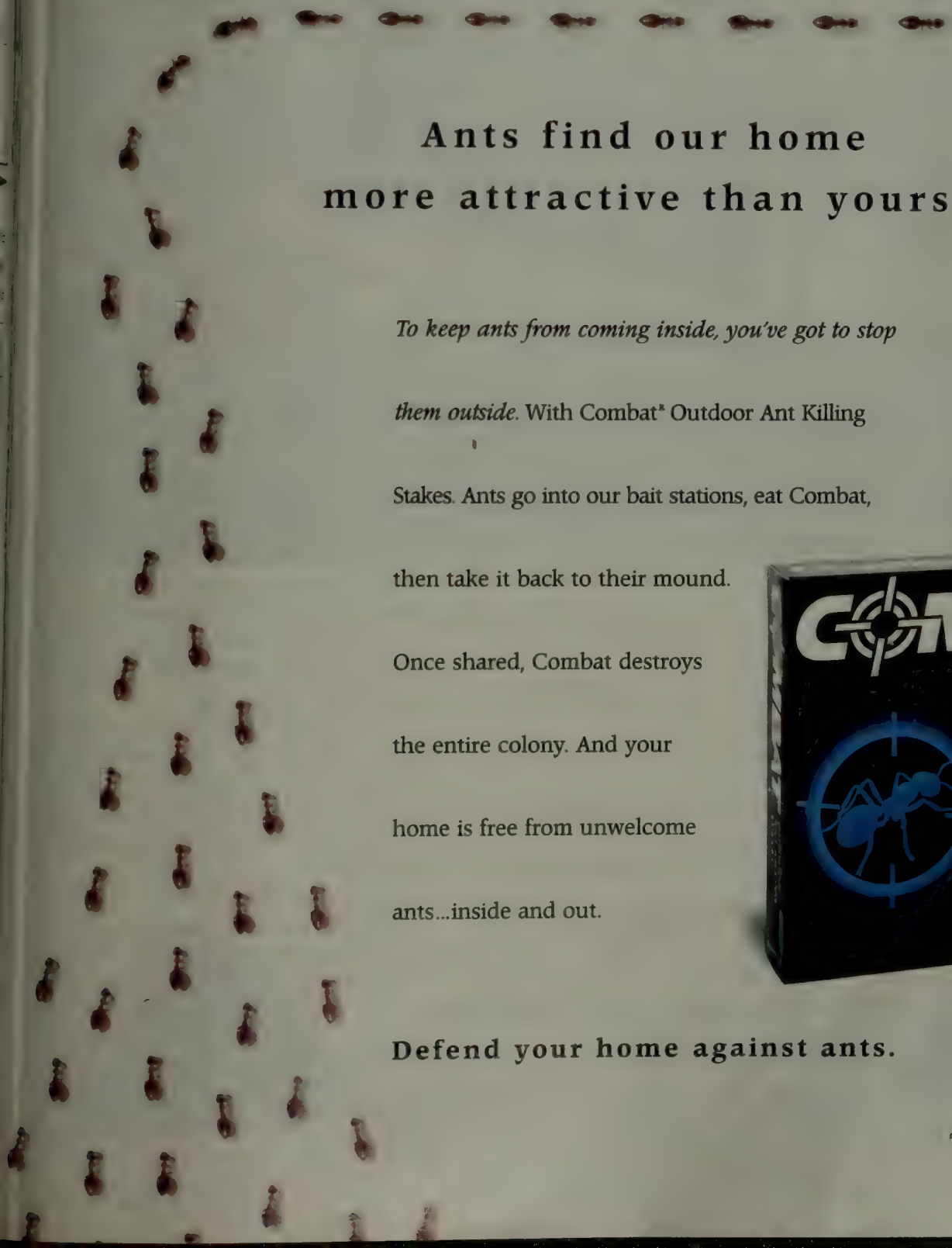
Cutting: To cut a circle, fold the fabric in half crosswise, then in half lengthwise. Divide the finished measurement in half—46 inches for our cloth (92 ÷ 2 = 46 inches). Tie a fabric marking pen to a piece of string. Pin the other end to the folded corner of the fabric so the string measures 46 inches. Draw a quarter circle as shown (*left*). Cut along the marked line.



Sewing: Hem the edges and add trims as desired.







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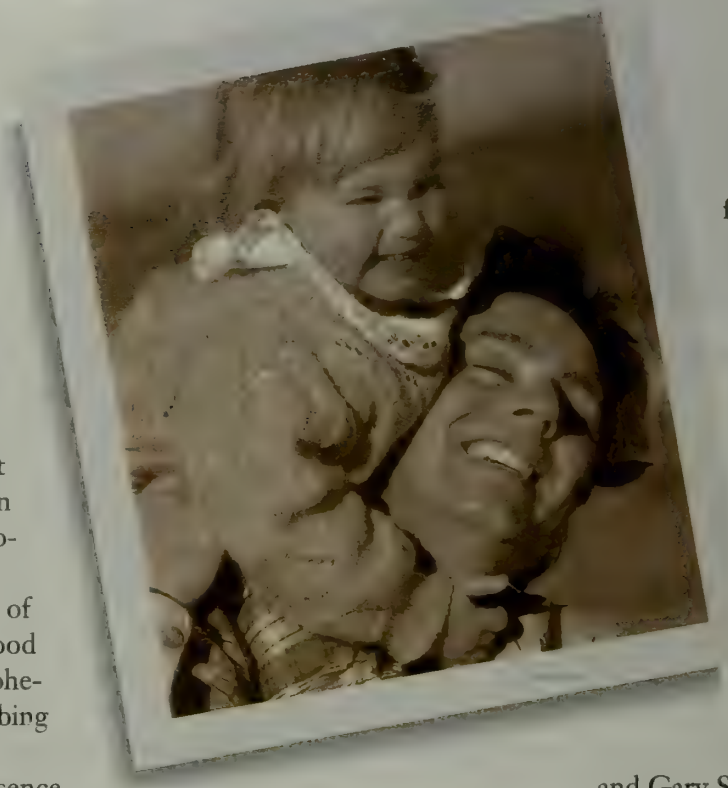


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by Dan Davenport

Why We Need Fathers



In 1960, 5.8 million American kids lived in single-parent families. Today, that number has more than tripled, to an astonishing 18 million. Another figure is equally startling: nearly 40 percent of our children don't live in the same home as their biological father.

Wade Horn, director of the National Fatherhood Institute (NFI), calls this phenomenon "the most disturbing trend of our time."

How does father-absence happen? Ten years ago, children in a one-parent home were most likely to be victims of divorce.

Today, the number of kids whose parents are divorced is nearly equalled by the number of children in homes where there never has been a dad. One out of three babies in America today are born to unmarried women—a 600 percent increase since 1960.

It should be noted that every person contacted for this article stressed that they are not issuing blanket attacks on single parents, and they applaud the millions who have successfully raised children alone. And no one is suggesting that a woman stay in an abusive or dangerous marriage for the sake of the kids.

"But the evidence is overwhelming," Horn says. "Children need both a mom and a dad."

"The supreme test of any civilization is whether it can socialize men by teaching them to be fathers." America is failing the test.

Why both? In his recently published book, *Life Without Father*, Rutgers University sociologist David Popenoe details the unique yin and yang generated by a woman-man parenting team. "Mothers tend to be responsive and fathers firm. Mothers stress emotional security and relationships while fathers stress competition and risk-taking. Mothers typically express more concern for the child's immediate well-being, while fathers concentrate on a child's long-term autonomy and independence," Popenoe says.

The differences manifest themselves in myriad ways, from how we hold our babies to the way we play with our kids and enforce discipline. Over time, the absence of yang can prove disastrous.

In studying the lives of 25,000 children, researchers Sara McLanahan and Gary Sandefur found that, compared with children raised by both parents, those raised by one parent (nine times out of 10 it's the mother) were twice as likely to drop out of high school and 2.5 times as likely to be teen mothers. Other studies show similarly elevated rates for crime, violence, suicide, and poverty. According to NFI research, a child's parents' marital status has more influence over that child's future success than any other factor, including race, income, and educational level of the parents.

In his 1995 book, *Fatherless America*, David Blankenhorn cites anthropologist Margaret Mead's observation that "the supreme test of any civilization is whether it can socialize men by teaching them to be fathers."

America is failing the test.

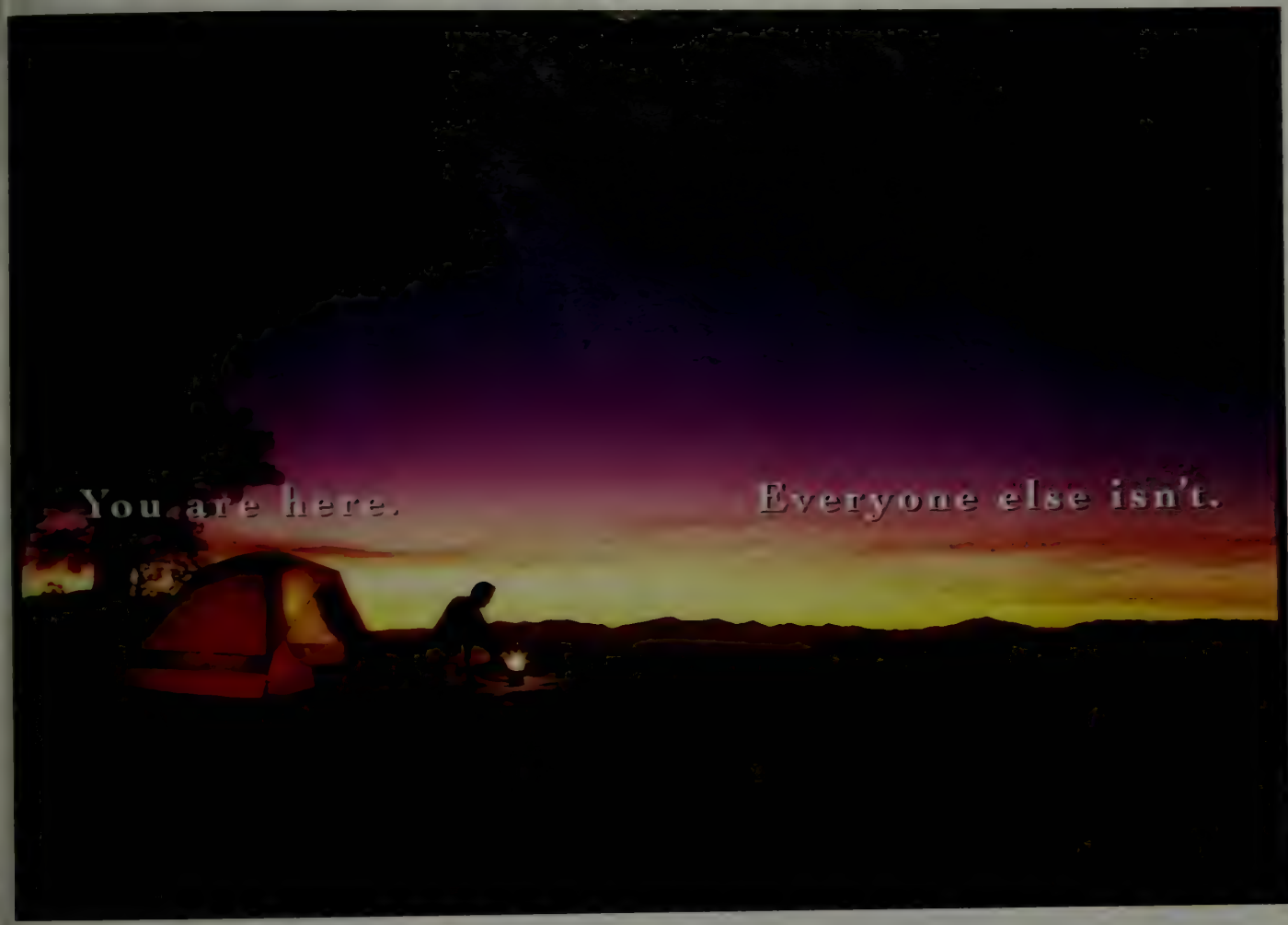
Dad as provider. Larry, a North Carolina salesperson, learned the hard way. After he and his wife divorced several years ago, their two children stayed with their mother. Larry took a new job 1,200 miles away. The job enabled him to fulfill what he and many thousands deem a divorced father's primary obligation: to pay child support.

Disaster followed. Larry's ex-wife struggled under her

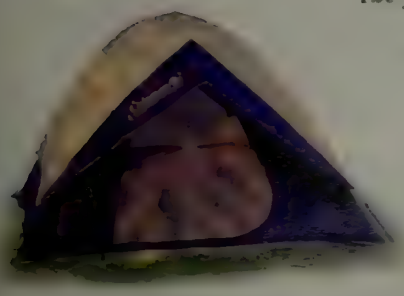
continued on page 48



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Why We Need Fathers

continued from page 46

new burden. Larry became depressed. The children grew angry, experiencing numerous academic and social problems. After seeking therapy, Larry realized he owed his kids more than a check. He returned to North Carolina, found a job, and reclaimed a significant role in his children's lives.

Jerry Sacks, a Chevy Chase, Md., therapist and founder of a program called Father Focus, says men like Larry, before his about-face, are typical—they view themselves as provider of a paycheck but not much more. Sacks says men get this message from society: Child-rearing is woman's work. According to the NFI, a recent survey found that 63 percent of human relations professionals in America's 1,500 largest corporations claim new fathers shouldn't take even an hour from work when their child is born.

In describing the mind-set, Wade Horn coined the phrase, "The myth of the superfluous man."

A quick example: What is your initial response to the term "deadbeat dad?" Most people probably think of a man who is delinquent on his child support payments. But Horn's group reserves its greatest scorn for men emotionally and/or physically detached from their children. More than half of all children not living with their father, he says, have never visited their dad's home. Five out of six don't see their father once a week. "If men are emotionally attached, we don't have to worry about financial support—it'll be there," Horn says.

Call to action. Halting the glacial march of a cultural phenomenon is hardly work for the faint of heart. The motivation to bring the fatherhood crisis to the nation's attention hit Horn like a lightening bolt. While working as a psychologist in the Washington, D.C., area, he discovered a disturbing commonality: The most pervasive displays of anger were demonstrated by children whose fathers were AWOL. Economic background, skin color, education—no other factors were as influential as the dad's status, Horn discovered.

Horn is not alone in his quest. Dozens of groups are joining the effort. In 1989, a handful of Omaha fathers gathered to find a way to protect their young from gang warfare. Seven years later, the resulting organization—Mad Dads—has touched more than 25,000 lives.

The problem is riddled with political land mines, but those in the trenches and those crafting global strategies agree about how to get fathers back into families. The solutions can be divided into three categories:

Individual. The NFI, with the Alabama Family Alliance, offers a number of suggestions for how fathers can improve their skills:

1. Respect your children's mother. If you are married, commit to keeping your marriage strong and vital. If you are not married, remain supportive and respectful of your children's mother.

2. Spend time with your children. If children feel their father is not as thoughtful and concerned about them as he is about other interests, they feel they're not as valuable to their father. Treasuring children often means sacrificing.

3. Earn the right to be heard. Often the only time a father speaks to his children is when they have done something wrong. Fathers need to build channels of communication early in life so that, when the time comes, dialogue about difficult subjects will be easier.

4. Discipline with gentle spirit. Discipline is a function of a father's love. Fathers should be calm and judicious, not hard-nosed or harsh.

5. Be a role model. A girl who spends time with her father knows what she should expect from men when she is older. A father can teach his son the value of self-restraint and hard work.

6. Be a teacher. A father should always be alert for everyday examples of lessons to teach his kids about life.

7. Eat together as a family.

8. Read to your children.

9. Show affection. Children long for a secure place in this fast-paced world. They find it most often in the warm embrace of a parent.

10. Realize that a father's job is never done. A good father realizes that, while he allows his children the freedom to direct their own lives, he doesn't abandon them at the dorm room, the wedding altar, or at the threshold of a first job.

continued on page 50



FATHERHOOD RESOURCES

Want to be a better father? Want to give more of your community's children closer contact with their dads? These groups can help:

- **The Fatherhood Project at the Families and Work Institute, 330 Seventh Ave., New York, NY 10001; 212/465-2044.**
- **The Institute for Responsible Fatherhood and Family Revitalization, 1090 Vermont Ave. NW, Suite 1100, Washington, D.C. 20005-4961; 202/789-6376 or 800/7-FATHER.**
- **The National Fatherhood Initiative, 600 Eden Rd., Building E, Lancaster, PA 17601; 717/581-8860 or 800/790-DADS.**
- **At-Home Dad, a newsletter for fathers who stay at home. $12 annually. 61 Brightwood Ave., North Andover, MA 01845-1702. Athomedad@aol.com**



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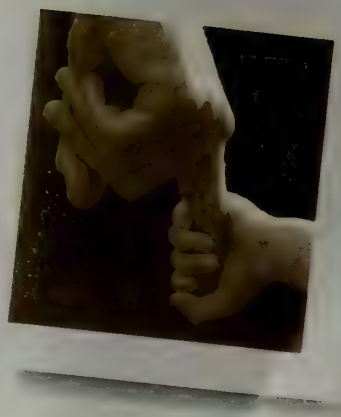
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Why We Need Fathers

continued from page 48



Community. Mad Dads cofounder Eddie Staton takes his work to the heart of the community. He walks the street to talk to gang leaders, to conduct gun buybacks, and to find missing dads and ask them why they aren't involved with their kids. He shows them and tells them that a man isn't measured by the guns or jewelry he owns, but by the heart and sweat he pours into fatherhood.

Politicians also can send powerful messages to communities. With welfare reform a leading topic on Capitol Hill, Popenoe says political leaders should realize that many policies seem to encourage men to stay away.

When churches and schools offer family-oriented programming, they shouldn't passively accept a predominance of women. "Programs have to offer something to men, women, and children," says Goldstein. " 'Family' means men, too."

Cultural. Where it all comes together, or falls apart. "A good society," writes Blankenhorn "celebrates the ideal of the man who puts his family first."

To that end, on Father's Day 1995, the NFI debuted a public service announcement narrated by National Football League Hall of Famer and Monday Night Football host Frank Gifford. The pro-dad ad was supported by such prominent athletes as Chicago Bear Mike Singletary, San Francisco 49er Joe Montana, and New York Knickerbocker-turned-U.S. Senator Bill Bradley. If young men mimic Michael Jordan's choice of footwear and fast food, maybe they'll pattern their fathering after Joe Montana.

And perhaps role models needn't always be able to slam dunk. A June 1995 *Wall Street Journal* story featured the resignation of William A. Galston, deputy assistant to President Clinton for domestic policy. Why was it news? Because he quit to devote more time to his 10-year-old son. "I was having almost no contact with my son," says Galston, now a professor at the University of Maryland. "[Quitting] was the only thing I could do."

But Bill Galston is only one man. And, as Rutgers'



As a 3-year-old, he was abandoned by his father. At age 17, he became a father—and abandoned his son. By 25, drugs and alcohol had escorted him straight to prison.

Though Charles Ballard has been called everything from pioneer to prophet, he prefers to think of himself as an astute student of the school of life.

In 1976, by which time Ballard felt as though he'd lived two or three lives, he began his true life's work: connecting fathers with their children.

After being released from prison and earning his high school equivalency diploma, a bachelor's degree, and a master's degree, Ballard began working at a Cleveland hospital. He already had reunited with his son, and he was struck by the number of single, pregnant women coming into the hospital each day; the lonely women visiting the hospital led him to devote himself to helping other young black men avoid his mistakes.

The resulting Teen Father Program became, in 1982, the Institute for Responsible Fatherhood and Family Development. Presidents, cabinet members, and members of Congress have praised its work. Dozens of groups, opening their eyes to an epidemic Ballard identified two decades ago, now mimic his organization.

Nearly 3,000 men have gone through Ballard's program. At a time when 70 percent of African-American babies are born to single moms, 97 percent of Ballard's graduates support their children. His institute has expanded from Cleveland to Milwaukee, Wis.; Nashville, Tenn.; San Diego, Calif.; Washington, D.C.; and Yonkers, N.Y.

"When men are supported, they come through for kids," Ballard says. "I see a day when we turn this into a father-friendly country. We have diaper changing tables in men's restrooms. We have men in delivery rooms. It's coming. And we'll stay right here, keeping the pressure on."

Popenoe acknowledges, unfortunately, divorce, unwed mothers, and disappearing dads are among the most disruptive social trends of our time.

But is there cause for hope? Undeniably. When Eddie Staton boldly walks through an impoverished neighborhood in Greenville, Miss., there is hope. And when a 250-pound linebacker stands before a camera and pledges devotion to his children over all else, there is hope.

Social architects are wont to preclude statements by saying, "This isn't a panacea." Scores of people like the NFI's Horn believe that, when it comes to pulling a wobbly society to its feet, rebuilding the institution of fatherhood might be a cure-all.

"If we re-establish fatherhood as a national priority," says Horn, "we will improve the well-being of children, communities, and society." ⌂



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Inside Information from Serenity, Carefree, o.b. Free and Stayfree.



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PLEASE CONSULT YOUR DOCTOR ABOUT BLADDER PROBLEMS

by Patricia Hittner



New Ways to Treat

Varicose Veins

A whole generation of baby boomers is confronting this age-old problem with remarkable results

They're unsightly, uncomfortable, and for millions of people, they're almost unavoidable. And the longer you have them, the worse they can become.

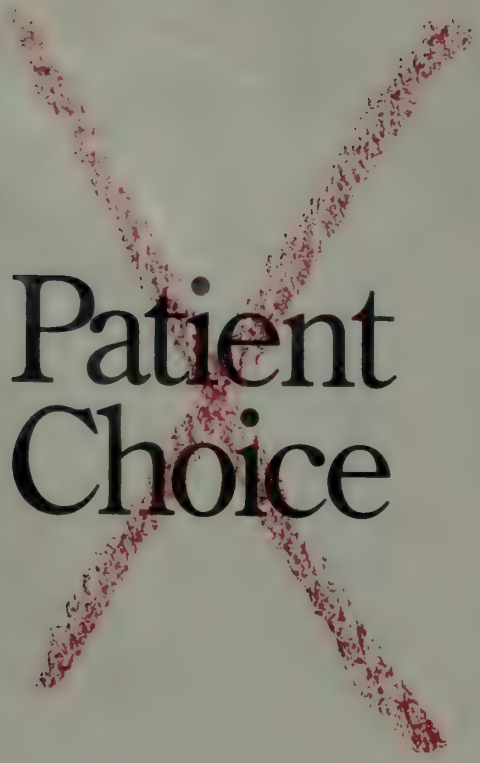
"It's a chronic, nagging problem that doesn't go away," says D. Eugene Strandness Jr., M.D., a vascular surgeon at the University of Washington Medical Center.

Varicose veins, the bulging vessels that are as much a badge of middle age as gray hair and bifocals, have long been an accepted fact of life. But take heart. Doctors today have a better understanding of leg veins and some new ways to fix this old and painful vexation.

"I feel much more confident with what I'm doing today than with what I did ten or fifteen years ago," says Dr. Strandness. "I have a much better appreciation of the anatomy and how to deal with it."

"People in the field have gotten a lot smarter," agrees Robert B. Rutherford, M.D., a vascular surgeon at University Hospital in Denver and a leading authority on varicose veins. Instead of the one-size-fits-all approach to varicose vein surgery, doctors are now customizing treatments, zeroing in on abnormalities, and plotting their correction before making the first cut.

continued on page 56



Patient Choice

If you ignore it, maybe it will go away.

Today, most of us can hoose the physicians who will rovide our medical care, ncluding, importantly, the sur- eon who will perform any peration we may need. It's ne way we can ensure that e'll have the best possible esult from any medical proce- ure. But Americans may not ave this choice much longer. hange is coming to our ation's health care system, nd changes now under con- ideration could limit your ght to consult with the quali- ed specialist of your choice.

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Varicose Veins

continued from page 54

For years, surgical removal of the veins, or "stripping," was the primary treatment for varicose veins. This process, however, often left many patients with noticeable scars.

Today, doctors strip only the major vessels. Refinements in operating techniques allow surgeons to do the job with just a few small incisions. This results in minimal scarring and a much shorter recovery time. Smaller veins can be destroyed through injections known as sclerotherapy. Some doctors report comparable results with a new technology that blasts enlarged veins near the skin with pulsed light. (See "Leaping Lasers" on page 62.)

Not all veins are alike. While treatments improve, misconceptions linger, says Dr. Rutherford. People tend to lump all bothersome leg veins into one category.

Varicose veins are the bluish-gray bulges that protrude from beneath your skin. Smaller bluish-green veins, which usually crisscross the back of the knee, are known as reticular veins. Spider veins are the small reddish-purple lines, so named because their spindly branches resemble a spider.

This distinction is more than academic, says Dr. Rutherford. These veins spring from different causes and require different treatments.

Spider and reticular veins usually don't affect men. These vessels, it seems, are fueled by the female hormone estrogen. Spider veins often appear at puberty, pregnancy, or other times when hormones surge. Reticular veins develop gradually. They're most apparent in older adults and in people with fair skin.

Varicose veins strike both sexes but are much more common in women. They also run in families. Researchers believe most cases result from a combination of heredity and acquired stresses, which cause vein walls to weaken and bulge.

Being overweight or spending a lot of time on your feet also increases your risk of getting varicose veins. So do certain athletic activities, such as mountain biking and stairstepping, because they increase pressure on your leg veins. Varicose veins typically become more noticeable in



Varicose veins strike both sexes but are much more common in women. They also run in families.

pregnant women. They may recede after delivery, but each baby increases the odds they'll remain enlarged.

The standard advice is for a woman to delay vein treatment until she has completed her family. But Dr. Rutherford insists this is wrong. Each pregnancy puts additional strain on the veins. If enough damage occurs, ropy veins may run the entire leg. They also become difficult to eradicate. "The earlier the treatment, the lesser the treatment and the better the results," he says.

First, find the right doctor. Many specialists treat leg veins, including vascular surgeons, general surgeons, plastic surgeons, dermatologists, and general practitioners. The field is open to any licensed medical doctor, so be sure to shop around and ask questions before signing a consent form.

Look for someone willing to spend time explaining your condition and outlining options. Don't be afraid to inquire how much of the practice is devoted to varicose veins, advises Dr. Rutherford. "A good physician is never threatened by questions," he says.

If the problem is extensive, it's important to be evaluated by someone with a special interest in leg veins, such as a vascular surgeon.

Treatment options. Whichever specialist you see, most will likely recommend one or more of the following procedures. It's widely agreed a combination of treatments often brings about the best results.

• **Surgery.** Stripping is still the only way to remove the largest veins. In this out-patient procedure, a surgeon makes a small incision around the knee and pushes a flexible wire through the vein. The wire is then pulled out through an incision near the groin, removing the vein.

The doctor may also tie off other veins connected to the major blood supply. These enlarged vessels, which the body doesn't need, wither and die. Blood then travels through the remaining healthy veins.

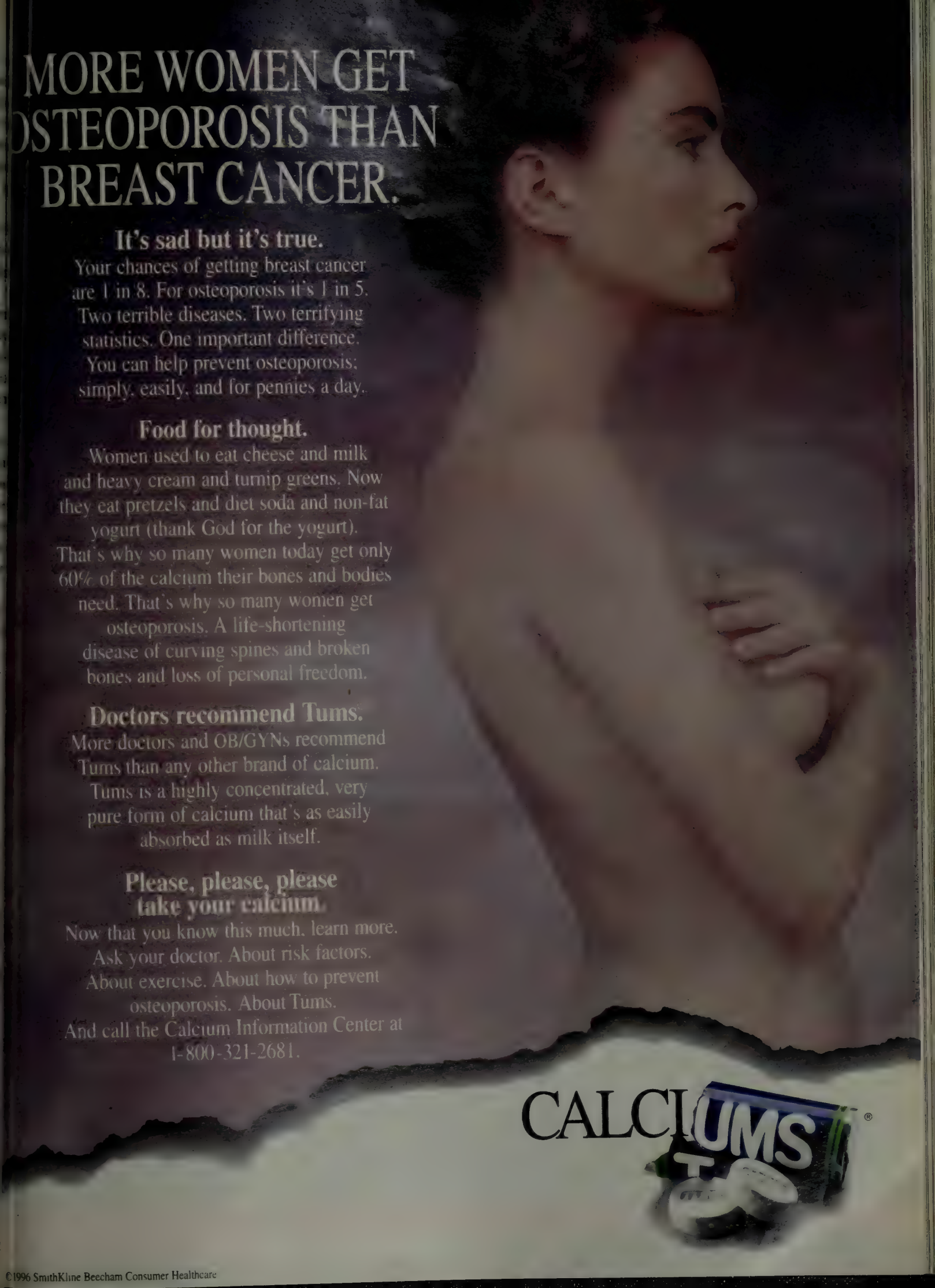
After five pregnancies, Lyn Muse, 43, of Dallas, had dozens of spider veins and developed a prominent varicose vein. Her legs hurt, and she also felt self-conscious wearing shorts or a swimsuit.

Surgery, plus a series of injections, resulted in remarkable improvement. "Going from legs that had all these little red marks to legs that are clear is wonderful," she says. "I tell my doctor that I'm his poster child."

However, surgery is not to be taken lightly. Serious complications are rare, but always a possibility. And there are no guarantees new veins won't crop up. These vessels are usually smaller than the original veins, and often respond well to injections.

Having your veins surgically removed can be expensive. Unless they cause medical complications, you'll probably have to pick up the

continued on page 62



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THE ASHTON-DRAKE GALLERIES

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Varicose Veins

continued from page 56

whole tab. Most health plans don't cover cosmetic procedures. Surgery can cost from $500 to $2,500. Anesthesia and the hospital charge are usually extra.

Patients who aren't good candidates for surgery can wear elastic stockings during the day to help relieve pain. Doctors often advise pregnant women with enlarged veins to wear support stockings.

• **Sclerotherapy.** Spider and reticular veins, as well as smaller varicose veins, can be eliminated through sclerotherapy. A doctor uses a fine needle to inject a chemical solution that irritates the vein, causing it to collapse and virtually disappear. These injections are done in a doctor's office, usually without anesthesia. Most patients report little or no pain from the needle, although they may feel a slight burning sensation as the solution is injected.

Lyn Muse says she was squeamish about being stuck with needles, but then watched in awe as each network of veins was destroyed. "The discomfort was minor," she says.

One session of sclerotherapy typically costs between $100 and $250. Several treatments are often needed. Your insurance plan probably won't cover injections unless your veins cause pain or other problems. Lyn paid for multiple visits herself, but says she considers it a bargain. "I'd recommend anyone do it," she says.

Dianne York strongly agrees. A professional model based in Los Angeles, she needed blemish-free legs. Through the years, her spider veins worsened to the point where makeup artists had to touch up her legs before each photo shoot.

"It's kind of like plaque forming on your teeth," says Dianne, who underwent sclerotherapy and a new light-based therapy to remove long-standing spider veins. "You either remove it or let it build up."

Sclerotherapy is considered safe and effective, but it's not perfect. Complications include extremely rare allergic reactions, as well as discoloration of the treated area. Even after successful treatment, new unwanted veins may appear.

Debra Fox, 42, of Cockeysville, Maryland, was one of the unlucky ones. Sclerotherapy erased her spider veins, but left behind something she didn't have before—bruiselike patches beneath her skin. "It made my legs look worse than ever."

• **PhotoDerm VL.** This new treatment uses a machine, similar to a laser, that delivers pulsed light to the affected site. But it's able to reach deeper veins not penetrated by laser light. Current lasers have only a limited role in obliterating leg veins.

PhotoDerm is not effective for the largest varicose veins, yet it rivals sclerotherapy in clearing smaller vessels, says Jerome Garden, M.D., a dermatologist at Northwestern Memorial Hospital in Chicago. PhotoDerm eliminates the need for injections. The light also hits vessels too small for a needle to easily pass through. Side effects include temporary swelling and skin discoloration.

PhotoDerm's biggest drawback is its limited availability. Many physicians aren't yet familiar with the device. Or, they may not want to buy an expensive machine when they can use sclerotherapy, says G. Ken Hempel, M.D., a vascular surgeon at Baylor University Medical Center. PhotoDerm costs about $250 per treatment. It can take two or three sessions to erase unsightly veins.

leaping lasers

Many distressing beauty flaws can now be zapped with lasers. This space-age technology can dramatically improve wrinkles, acne scars, and age spots, as well as firm up sagging jowls and baggy eyelids.

Patient demand is soaring. The frenzy is fueled, in part, by the media. Each new application is widely disseminated, generating countless calls to laser surgeons.

Is the excitement justified? Lasers do offer distinct advantages, says David B. Apfelberg, M.D., director of the Atherton Plastic Surgery Center in Atherton, California. Doing a facelift with a laser, instead of a scalpel, he says, results in less bruising and bleeding. This shortens recovery time, not a trivial matter for people with high-powered careers. Also, he insists, for certain problems, the laser is superior to conventional procedures.

For example, a procedure called laser resurfacing can level acne scars and smooth furrowed skin. It gives the patient a more natural-looking appearance than chemical peels and dermabrasion, according to Dr. Apfelberg.

But, David W. Low, M.D., a plastic surgeon at the Center for Human Appearance in Philadelphia, says it's too soon to abandon these old standbys. Lasers may well prove to be the treatment of choice for scarred and wrinkled skin, but more research is still needed. Some laser procedures are so cutting edge it's too soon to tell if unforeseen complications will appear years down the road. "We may not be aware of some of the long-term adverse effects," admits Dr. Low.

No one argues that special expertise is needed to use a laser. An inexperienced doctor could burn and scar a patient. And there's nothing stopping any doctor, regardless of his or her training, from wielding a laser.

If you're considering laser surgery, ask friends and other physicians for recommendations. Look for a doctor who owns the equipment or uses it regularly. Someone who occasionally rents a laser probably isn't doing enough procedures to become proficient, says Dr. Apfelberg.

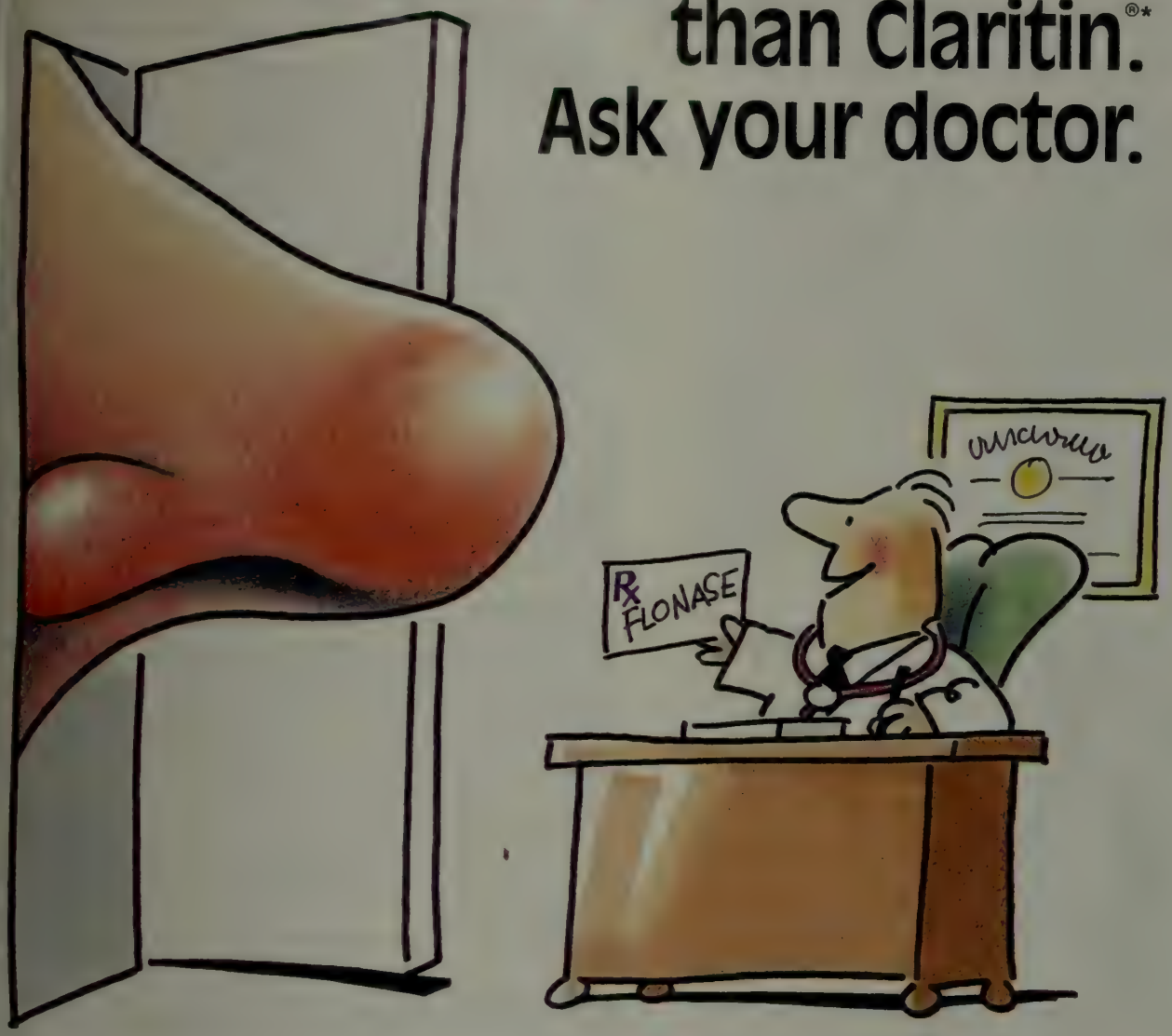
Even if your doctor owns the equipment, you still need to be careful. A heavy investment in laser machines might prompt a physician to recommend high-tech treatment when a simpler, less expensive approach might suffice, says Dr. Low.

"If all you have is a hammer, everything is a nail to you," he says.

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BRIEF SUMMARY

SHAKE GENTLY BEFORE USE

For Intranasal Use Only.

The following is a brief summary only. Before prescribing, see complete prescribing information in Flonase® Nasal Spray product labeling

CONTRAINDICATIONS: Flonase® Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms

The use of Flonase® Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, Flonase Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of Flonase Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with vancella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information). If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of Flonase® Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of Flonase Nasal Spray should be avoided

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of Flonase Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with Flonase Nasal Spray. Patients using Flonase Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

Flonase Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with Flonase Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use Flonase Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with Flonase Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of Flonase Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells *in vitro*. No significant clastogenic effect was seen in cultured human peripheral lymphocytes *in vitro* or in the mouse micronucleus test when administered [illegible] by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²)

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of the full prescribing information)

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²)

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when Flonase Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of Flonase Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS)

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with Flonase Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months duration with Flonase® Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible): ***Respiratory:*** Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).

Neurological: Headache (incidence 1% to 3%)

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation

Neurological: Dizziness.

Special Senses: Eye disorder, unpleasant taste.

Digestive: Nausea and vomiting, xerostomia.

Skin and Appendages: Urticaria.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with Flonase® Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of Flonase Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

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October 1994
RL-148
GLA-01-021M

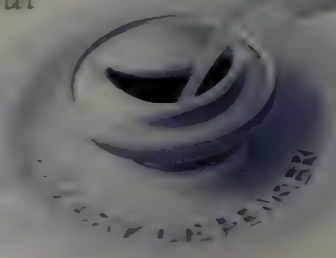
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health update

NEWS THAT WORKS FOR YOU

WHAT DID YOU EAT FOR LUNCH TODAY?

Here's a quick quiz for fast-food lovers. Which contains more fat:

- An Arby's Super Roast Beef sandwich or McDonald's Filet-O-Fish?
- A Big Mac or Taco Bell taco salad?

If you answered roast beef and the taco salad, you're right. The information comes from *Fast Facts on Fast Food for Fast People* (An Apple A Day, 1995, $4.95), a pocket-size book that lists the calories, fat, and cholesterol of food served in 74 national fast-food and family-chain restaurants.

Author Barbara Day, M.S., R.D., began collecting the information in 1990 while working with the U.S. Navy SEALs. Day wanted the men, who ate a lot of fast food, to eat less fat and more carbohydrates. So she compiled a list of the nutritional values of their favorite foods. They got the message.

A healthful, low-fat diet means limiting total daily intake of fat to less than 30 percent of total calories.

"Today, people are eating out once or twice a day and you can almost always find something low-fat in every place you eat," Day says. "Or you can ask to have your food made the way you want it."

For the record, the roast beef sandwhich has 28 grams of fat compared with the fish's 16 grams. The taco salad's 55 fat grams sinks the Big Mac, which has 26 grams of fat.

Day's book is available in most book stores.



Making Time for Asthma

The average doctor's visit lasts less than 10 minutes. So many of us, especially those with a chronic illness, need to learn how to make every second count.

"Making the Most of Your Next Doctor Visit," an asthma-management program from the American Academy of Allergy Asthma & Immunology and drug manufacturer Glaxo Wellcome, helps asthma patients do that. The spiral-bound booklet assists patients in tracking medications, symptoms, and situations that often trigger attacks. It also includes a personal chart to record asthma episodes over a four-week period.

For a free copy, call 800/456-2784 or write Asthma Monitor, AAAAI, 611 E. Wells St., Milwaukee, WI 53202.

HEALTH ALERT

LOSING WEIGHT BETTER THAN AEROBIC EXERCISE

To reduce your risk of heart disease, it is better to lose weight than do aerobic exercise. But the best advice is still to do both.

A study at the University of Maryland divided 111 sedentary, obese men, ages 46-80, into three groups. For nine months, one group focused only on weight loss, another on aerobic exercise, and the third group did nothing. After nine months, the weight loss group lost an average 20 pounds and the exercisers improved their fitness levels [illegible] 16 percent.

[illegible] both groups had lower total cholesterol, lower LDL or "bad" cholesterol, and [illegible] levels, only the weight-loss group had significantly lower blood pressure [illegible] increase in HDL or "good" cholesterol. Blood pressure in the weight-loss group decrease[illegible] ent compared with a 2–3 percent drop in the exercising group.

VOLUME THAT ISN'T JUST FLUFF.

If you're sick of **LIMP, FLAT HAIR,** *give it a boost with* **AUSSIE REAL VOLUME™** *Shampoo and Leave-in Volumizer.* **YOU'LL SEE A DIFFERENCE.**



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We developed **REAL VOLUME** *to sink into the hair shaft,* **CHANGING THE DIAMETER** *and leaving it noticeably* **TEXTURIZED**. *The Aussie® Family promises you* **GREAT BODY** *that will boost your mood right along with your hair.*



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The Healthy Home



EVERY FAMILY IS CONCERNED ABOUT GOOD HEALTH—how to promote it and maintain it. We all know that eating right, getting enough sleep and exercising regularly are keys to staying healthy. They build the body's natural defenses and give it the strength it needs to stay fit. But the fact is, all of these things may not be enough. Handwashing is known to be one of the most important hygienic measures people can practice to help stay healthy. Another element that's important to your family's health is a clean, healthy home environment. In the same way that being rested and well-nourished helps your body fight off germs and illness, keeping your home clean as well as disinfected helps you fight illness before it spreads.

To paraphrase an old saying, good health begins at home. It's a matter of following a few common-sense guidelines about cleaning and hygiene as well as understanding which germs can cause illness and how you can stop their spread.

YOUR FAMILY AT RISK Your kids come home from school and head straight for the refrigerator. The repairman asks if he can phone his next appointment. Your husband takes over dinner preparation in the kitchen while you tend to the baby. Just another day in a busy family household. But what you don't see happening could compromise your family's health. If your kids or your husband—or even the friendly repairman—has been exposed to a cold or other contagious illness, he or she could be innocently planting invisible germs on surfaces where they can spread.



Do you ever wonder why when one member of the family gets sick, others seem to get sick too, even when you try to avoid close personal contact? It's because cold viruses and certain other illness-causing germs aren't just found inside the body, they can be found outside the body as well. Studies show that they can actually survive on hard surfaces around the house—like refrigerator handles, faucets, doorknobs, telephone handles and TV remote controls—for anywhere from several hours to several days. And most doctors believe that illness can occur when you touch something that is contaminated, then bring your hand to your mouth, nose or eyes.

TAKE CONTROL! The good news is that you *can* make a difference. It may seem obvious to some, but one of the most effective precautions you can take is to teach all family members to wash their hands frequently, especially when they first come home, before meals, or when one of them is actually sick. You can also promote good eating habits by keeping healthy snacks on hand so your kids won't be tempted to fill up on empty calories. Good nutrition has been established as the number one factor in building a strong immune system. And, of course, you can try to keep household surfaces free of the viruses and bacteria that cause illness.

Unfortunately, wiping surfaces with just soap and water will not kill harmful germs. Most household products are designed to clean but do not necessarily disinfect. While they may remove dirt, they may not kill germs. In fact, wiping without disinfecting may make matters worse—the germs can be spread around and onto other surfaces wiped with the same sponge or cloth. To supplement cleaning, you need an EPA registered disinfectant such as **LYSOL Disinfectant Spray**. It is proven effective against a wide variety of viruses and bacteria, including Rhinovirus, the leading cause of the common cold and Rotavirus, the leading cause of infectious diarrhea.

The following is a room-by-room guide to safeguarding your family's health and creating a clean, healthy home environment. The makers of **LYSOL** products have a full range of household cleaning products that both clean and disinfect.

MYTHS & MISCONCEPTIONS

If you go outdoors with wet hair or stand in a draft too long, you'll catch a cold.
Not so, despite most mothers' warnings. Only cold germs like Rhinovirus can cause colds. If the virus isn't present, you can't catch a cold.

Ammonia is an effective germ killer.
It may *smell* like it is, but it isn't. To kill germs, you need an EPA registered disinfectant such as **LYSOL Deodorizing Cleaner.**

More people catch colds in winter and fall because of the cold weather.
It's a fact that more colds occur in winter and fall, but not because of the cold weather. The reason is that school is in session and colds are spread more easily among children and into the home.

If someone with a cold sneezes into the air and you're standing in the same room, you can catch a cold.
Not likely, because the germs are dispersed too rapidly. But you can catch a cold if you place your hand on a hard surface contaminated by the person who sneezed and then move your hand to your eyes or nose.

Food poisoning only happens in restaurants.
Though many cases of food-borne illnesses are traced to restaurants, it's estimated that some 50 percent of all cases occur in the home. The problem is, we often shrug them off as "a touch of the flu" or "a stomach virus" when in reality they were caused by contaminated food or cross-contamination in our own kitchens. **LYSOL Antibacterial Kitchen Cleaner®** kills Salmonella and E. coli germs and is a good defense against food-borne illnesses in the home.

Antibacterial dishwashing liquids/hand soaps kill germs on dishes and surfaces.
While combination antibacterial dishwashing liquids/hand soaps may kill germs on hands; they do not kill germs on dishes, utensils, glasses or any other hard surface area.

Throughout the House

One of the most basic things you can do to keep your home healthy is to make sure it's well-ventilated and frequently aired out. Germs live longer in warm, stale environments. Once or twice a week—even when it's cold outside—open the windows and let the clean air circulate for as long as possible. Also, be sure to lower the indoor temperature at night. This promotes a better night's sleep, and studies show that it is during the deepest phases of sleep that the immune system is strengthened and recharged.

In every room of the house, disinfect frequently touched surfaces, such as doorknobs, faucets and telephone handles with **LYSOL Disinfectant Spray**. These "hot spots" are prime places for germs to spread, particularly if someone in the family is sick.

Don't forget the bathroom, basement and laundry room. If there's a sharp, musty smell, it may be due to mold and mildew, which may cause allergies or other ailments. Clean and disinfect these rooms regularly, using a product that controls mold and mildew.

KITCHEN It's the heart of the home, where your family comes to eat meals, share their problems and just relax together. But according to studies, it's also potentially the most contaminated. Food-borne bacteria can come into the kitchen every time you do your weekly shopping. Surprisingly, the USDA estimates that each year at least half of the up to 80 million cases of food-caused illnesses originate in family kitchens, not in restaurants.



Salmonella and E. coli, two common food-borne bacteria, can be found in raw meat and poultry. Proper cooking kills the harmful germs, but they can still be spread from raw juices that aren't properly cleaned up. In what experts call cross-contamination, these bacteria can easily travel all around the kitchen as well as to other foods, without your even being aware of it.



The solution? Common sense tells you that as you are preparing foods, be conscious of how germs might be spreading. Keep raw meats and poultry separate from other foods and use separate cutting boards for meats and vegetables. Wash your hands frequently while preparing food and run all cutting boards, sponges, utensils and plates through the dishwasher, where the high temperature will kill germs. To disinfect kitchen surfaces, such as faucets, countertops, refrigerators, oven and microwave controls and cabinet handles, use **LYSOL Antibacterial Kitchen Cleaner®**, an EPA registered disinfectant that cleans and kills bacteria commonly found on kitchen surfaces. Regular kitchen cleaners clean, but they do not disinfect. For proof positive that a product disinfects hard surfaces, check the back label to make sure it has an EPA registration number.

The kitchen floor also needs special attention. Your children play on it, your dog or cat runs across it. That's why it's important to keep it not just clean but disinfected. Use a solution of 1/4 cup **LYSOL Deodorizing Cleaner** in a one gallon bucket of warm water, or for a fresh pine scent use **LYSOL® PINE ACTION® Cleaner**. They both disinfect even when diluted.

BATHROOM Everyone knows that germs love the warm dampness of a bathroom. That's why most people clean and disinfect their bathrooms regularly. One obvious concern is the toilet. Did you know that every time you flush you catapult germs and bacteria onto other bathroom surfaces? A noted scientist at the University of Arizona conducted a series of comprehensive experiments that clearly showed how this "aerosolizing" effect spread germs to every surface in the vicinity. Colds can also be transferred in the bathroom, as Rhinovirus can be passed from one family member to another via faucets, toilet handles, doorknobs, etc. And a wet floor is the ideal breeding ground for fungi that can cause athlete's foot.

The best protection:

• Disinfect bathroom surfaces regularly with specially formulated LYSOL Brand products like **LYSOL Basin Tub & Tile Cleaner** and **LYSOL CLING Toilet Bowl Cleaner.** Both provide effective, targeted cleaning while killing a variety of illness-causing bacteria and viruses.

• Unfold and dry washcloths. If left damp, they can foster bacteria growth.

• Close the toilet lid before you flush.

• Change toothbrushes regularly.

NURSERY Babies are completely dependent on you for their personal hygiene, and with their developing immune systems, are particularly susceptible to colds and other illnesses. Their germs can also be spread to other members of the family via hand-to-surface transmission from the nursery to other rooms of the house. Plus, small children may not show symptoms but may be carriers of viruses that cause certain illnesses such as the Hepatitis A virus. Thus, regular disinfecting is important, even when your baby appears healthy. Keep the nursery clean and well-ventilated.



TIPS FOR A CLEAN, HEALTHY HOUSEHOLD:

• Disinfect the telephone handle regularly with **LYSOL Disinfectant Spray.**

• Use paper towels wherever possible instead of sponges or dishcloths. If you do use sponges, put them in the dishwasher along with your dishes. The extreme heat will effectively kill germs.

• Each time you empty the kitchen garbage pail, spray the pail with **LYSOL Disinfectant Spray** to keep it fresh from day to day.

• Use a glass cutting board for meats and poultry. It's the easiest type to clean. Put all cutting boards in the dishwasher after use to prevent the spread of food-borne bacteria.

• To prevent mold and mildew, shake the shower curtain after each use and leave it opened, not drawn, so moisture can evaporate. Spray regularly with **LYSOL Disinfectant Spray.** Once a week, give the rubber shower mat a disinfectant bath. And in the laundry room, keep your washing machine open when not in use.

• To remove stubborn stains and mineral deposits from a toilet bowl, clean it dry. Flush out standing water by quickly pouring in a bucket of cool water. The toilet will empty, or almost empty, but not refill. Squirt **LYSOL Toilet Bowl Cleaner** on those tough spots, wait a minute, then brush the stains away.

• When a family member is ill at home, keep dishes, glasses, utensils and towels separate to further prevent the spread of germs.

• Thaw frozen food by defrosting it in the refrigerator, not on the kitchen counter. At room temperature, bacteria can multiply quickly. Store leftovers as soon as possible—don't let them cool on the kitchen counter.

• Disinfect the changing table area with **LYSOL Disinfectant Spray** after every diaper change and spray other nursery "hot spots" daily such as the diaper pail.

Moving In



If you're a couple starting out with a new home of your own—or if you're finally making that move from small apartment to larger house—you can help get yourselves off on the right foot by establishing habits that will make your lives easier—and healthier—for a long time to come.

A few hints to get you started:

• Organize your cleaning routine: Set aside certain days for certain chores, especially those you need to do weekly. Keep a calendar to remind you of chores that need to be done monthly or two to three times a year.

• Make cleaning easier by having an organized, convenient place to store cleaning appliances and supplies. Hang brooms and mops with their heads up so they keep their shapes.

• Pay special attention to the kitchen and bathrooms. Toilets and bathroom sinks should be disinfected and deodorized regularly. Kitchen countertops should be wiped clean and disinfected after food preparation.

• Eliminate clutter—it only creates more surfaces to keep clean. Make it a practice to throw out what you don't need. A good rule of thumb: If you haven't used it in over a year, you probably won't use it again.

• For difficult spot cleaning on counters, floors and other surfaces, use **LYSOL PLUS BLEACH Cleaner**. It combines the strong cleaning power of LYSOL products with the stain-removing power of bleach.

If You're a Parent



Children of all ages benefit from good nutrition, lots of sleep and a healthy home environment.

Think about babies. They love to put things in their mouths. That's one reason they're more susceptible to certain illnesses than anyone else in the family. In the first two years of life, most children have eight to ten colds, and if there are older siblings or the child is in daycare, the number can be even higher. Very young children are also prone to bronchiolitis, a lower respiratory infection caused by Respiratory Syncytial Virus (RSV), and infectious diarrhea, often caused by Rotavirus. Studies show that the virus that causes bronchiolitis can survive outside the

body for up to four days and the Rotavirus for as long as ten days, so it's especially important to clean and disinfect frequently around your baby's room and play areas to reduce the incidence of these illnesses. Of course, the tub you wash your child in should be cleaned and disinfected with **LYSOL Basin Tub & Tile Cleaner.** But you should also disinfect areas that babies touch regularly—high chair, playpen, toys—with **LYSOL Disinfectant Spray**.



As kids get older, their days are filled with contact with one another. As a result, colds and other infectious illnesses are easily passed among them. In fact, colds alone are responsible for an estimated 38 million lost school days in the U.S. each year. Most of them are caused by Rhinovirus, which can enter the body when a child touches a surface that's been contaminated.

To help keep colds at bay, encourage your children to cover their mouths and noses with a tissue when they cough or sneeze, and to avoid touching their nose and eyes with their hands. Stress the importance of frequent hand washing. And to eliminate germs on surfaces, use **LYSOL Disinfectant Spray** on "hot spots" that kids and teenagers touch frequently.

With all that you do to care for your family, it's comforting to know that there are simple measures you can take to promote their good health and well-being. By using the full line of **LYSOL** household products, you're taking an important step by disinfecting while you're cleaning. It's an easy way to help turn your home into a healthier environment for you and the ones you love.



Brought to you by the makers of Lysol products

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WIN A FAMILY TRIP!

TAKE THE HEALTHY HOME QUIZ!



Grand Prize: Family Getaway Trip for Four! To Anywhere in the U.S.

Second Prize: Tunturi Exercycle!

Third Prize: Healthy Home Gift Package From Lysol® Products!

How much do you know about the germs that cause illness? Take this quiz and circle the correct answers, True or False. You can find the answers in the pages of this special section. Cut out and send the completed quiz to enter the "LYSOL Healthy Home Sweepstakes". See rules below for details.

1. Illness can occur when you touch a contaminated surface, such as a countertop, and then touch your eyes, nose or mouth. **T F**

2. Soap and water alone can disinfect household objects and surfaces. **T F**

3. Wiping up around the kitchen without disinfecting can increase the spread of germs. **T F**

4. In the first two years of life, most children have eight to ten colds. **T F**

5. You can catch a cold by going outdoors with wet hair or standing in a draft too long. **T F**

6. Only about 10 percent of food-borne illnesses occur in the home. **T F**

7. In order for a product to claim disinfection, it must have an EPA registration number on its label. **T F**

8. Colds are responsible for an estimated 38 million lost school days in the U.S. each year. **T F**

Name_____

Address _____

LYSOL HEALTHY HOME SWEEPSTAKES

OFFICIAL RULES:

1. NO PURCHASE NECESSARY. To enter, write your name, address and the words "LYSOL Healthy Home Sweepstakes" on a 3" x 5" card and mail it, along with the completed "Healthy Home" Quiz, to "Lysol Healthy Home Sweepstakes, P.O. Box 1175, Young America, MN 55594-1175. 2. Limit one entry per household. 3.Entries must be received no later than Friday, August 9, 1996. Sponsors assume no responsibility for illegible, lost, late or misdirected entries. The Grand Prize consists of airline tickets for four anywhere in the continental U.S. from nearest major U.S. airport (some restrictions may apply). Trip must be taken by July 1, 1997. Approximate retail value $2,000. Second Prize is a Tunturi Exercycle. Retail value $199. 25 Third Prizes of Healthy Home Gift Packages from LYSOL. Retail value $100. 4. Winner(s) will be notified by mail, selected at random, and not judged by accuracy from all eligible entries received on or about September 20, 1996. 5. By participating and winning a prize, winners and travel companions release sponsors and their parents, affiliates, subsidiaries and agencies and their directors, employees and agents from any and all liability with respect to the prizes. 6. Entry constitutes permission to use winners' name, photograph, hometown and general information for promotional and advertising purposes on behalf of sponsors without additional compensation, except where prohibited by law. 7. All taxes are the sole responsibility of the winners. 8. Sweepstakes open to U.S. residents who are 18 years of age or older, except employees and immediate family members of Meredith Corporation and Reckitt & Colman, their agents, affiliates and subsidiaries. 9. All federal, state and local laws apply. Void where prohibited. Winner(s) will be required to sign an affidavit of eligibility and winner and travel companions will be required to sign a release within 10 days of notification or an alternate winner will be selected by random drawing. 10.Void in Puerto Rico and Canada. 11. Odds of winning depend on number of entries received. 12. This sweepstakes is offered nationally. 13. For winners' list, available after 9/20/96, send S.A.S.E. to: "LYSOL Healthy Home Winners' List", P.O. Box 5255, Young America, MN 55558-5255. 14. No cash substitute or prize transfer.

by Janine S. Pouliot

Diabetes
Are You Its Type?



Half of the 16 million people walking around with type II diabetes don't even know they have it.

That's because the symptoms they're experiencing are easily attributed to something else. When an older woman complains of clouded eyesight, it's likely her doctor will think of cataracts instead of type II (or noninsulin-dependent) diabetes. And when an older man starts taking too many trips to the bathroom in the middle of the night, a prostate problem—not diabetes—is often the first ailment suspected.

"Type II diabetes is the Rodney Dangerfield of chronic diseases. It gets no respect," says Frank Vinicor, M.D., president of the American Diabetes Association (ADA) and a diabetes specialist at the Centers for Disease Control and Prevention in Atlanta.

But the malady is no laughing matter. Type II diabetes is the fourth leading cause of death by disease in this country, and it's rising steadily. The number of adults diagnosed with type II diabetes has tripled since 1958. Untreated, it can cause blindness, heart and kidney disease, or nerve damage; it may even result in amputation.

What is it? Diabetes mellitus has two different types—I and II. Type I, which usually affects young people, occurs when the pancreas fails to produce insulin, a hormone that helps your body convert food into energy. Insulin is what permits cells to utilize glucose or sugar. Type I patients must depend on daily insulin injections for the rest of their lives.

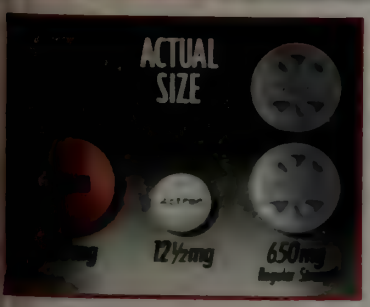
The more common type II diabetes, which mostly occurs in middle-aged adults, happens when the body produces some insulin, but it doesn't work effectively. Most type II diabetics can keep their sugar within acceptable limits with diet and medication, but some may require insulin injections.

Who's at risk? Most people with type II diabetes are over 40 and overweight. Minorities have a higher risk of getting the disease. Between ages 65 and 74, 17 percent of whites will be diagnosed with type II compared with 25 percent of African-Americans and more than 33 percent of Hispanics. It's not clear why there is such a discrepancy between ethnic groups.

continued on page 76



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Diabetes

continued from page 74

Heredity also plays a role.

"It's estimated about one-fourth of the U.S. population has the genes which would make a person susceptible to type II diabetes," says F. Xavier Pi-Sunyer, M.D., chief of endocrinology, diabetes, and nutrition at St. Luke's-Roosevelt Hospital in New York City.

Obesity is another significant trigger for type II diabetes, says Dr. Pi-Sunyer. "Not everyone who is obese gets type II diabetes," he says, "but an overwhelming majority are overweight." Obesity can provoke certain genes to accelerate the onset of diabetes, Dr. Pi-Sunyer says.

Where the fat settles on your body also can make you more vulnerable to type II diabetes. People who gain weight in their midsection, or who have an apple-shaped body, are most at risk. Those with pear-shaped bodies, who carry extra weight in their thighs and buttocks, are less prone to the disease.

Researchers hope to someday be able to identify people susceptible to type II diabetes long before it ever develops.

"There are likely several genes that need to be present in the same person, which conspire with each other and with lifestyle and aging to trigger type II diabetes," says Alan Shuldiner, M.D., associate professor at John Hopkins University School of Medicine, and member of a research team that already has discovered one of these genes.



Do You Have Diabetes?

There is, on average, a seven-year gap between the onset of diabetes and diagnosis, says Frank Vinicor, M.D., a diabetes specialist at the Centers for Disease Control and Prevention and president of the American Diabetes Association.

A routine urine test for glucose does little to help type II patients because by the time significant amount of it shows up in urine, type II diabetes is already well advanced. If you experience any of the following warning signs, check with your doctor:

- **Unusual thirst or hunger**
- **Urinating much more than usual, sometimes as often as every hour**
- **Chronic fatigue**
- **Unplanned weight loss**
- **Blurred vision**
- **Tingling or numbness in your hands or feet**
- **Slow healing of cuts**
- **Frequent infections that are slow to heal**
- **Itching (with no rash)**

For more information, call the American Diabetes Association at 800/232-3472.

A lifestyle change. The best way to treat and try to prevent type II diabetes is to eat a healthful diet and exercise regularly. Several studies have shown that weight loss and steady exercise help regulate blood sugar levels.

Patients should work hand-in-hand with doctors and dieticians to outline necessary lifestyle changes. "It's a matter of negotiation and education and being able to help patients make informed decisions and change behavior gradually," says Jeff Susman, M.D., vice chair of the department of family medicine at the University of Nebraska Medical Center in Omaha.

The old restrictive, no-sweets diabetic diet has been altered as doctors have discovered there's room to maneuver. New dietary standards prescribed by the ADA and the American Dietetic Association are much less stringent and let type II patients indulge in an occasional piece of cake or bowl of ice cream.

The body breaks down carbohydrates the same way, whether the

continued on page 79


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Peach
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Amount Per Servi
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Diabetes

continued from page 76

food eaten is a potato or a cookie, says Davida Kruger, a nurse practitioner at Henry Ford Hospital in Detroit and senior vice president of the ADA. Simple and complex carbohydrates elevate the body's glucose equally.

This allows people with type II diabetes to plan ahead for that special treat by exchanging servings within recommended food groups. For example, if you want to eat dessert after dinner, Kruger explains, you need to eliminate bread servings to compensate for the sugar difference. And calories still count.

When Mary Pietila, 42, of Fort Gratiot, Michigan, learned in her 30s that she had type II diabetes, she began paying close attention to what she ate. "Now I count my carbohydrates, fruits, and vegetables," she says. "I'm much more aware of what I eat and how it affects me."

Mary's doctor also encouraged her to lose weight and start a walking program. Any moderate exercise is acceptable for type II diabetics, says Richard Eastman, M.D., of the National Institute of Diabetes and Digestive Kidney Diseases in Bethesda, Maryland.

"There's no secret to what you should do," says Dr. Eastman, "you've just got to do it."

Drug therapy. In some cases, diet and exercise may not be enough to stabilize blood sugar. Most doctors will prescribe oral medication to be taken daily.

Sulfonylureas, which have been prescribed for diabetics for decades, stimulate the pancreas to make more insulin. There are several different brands of sulfonylureas, including DiaBeta and Glucotrol. But the drug isn't always effective and can become less effective after prolonged use.

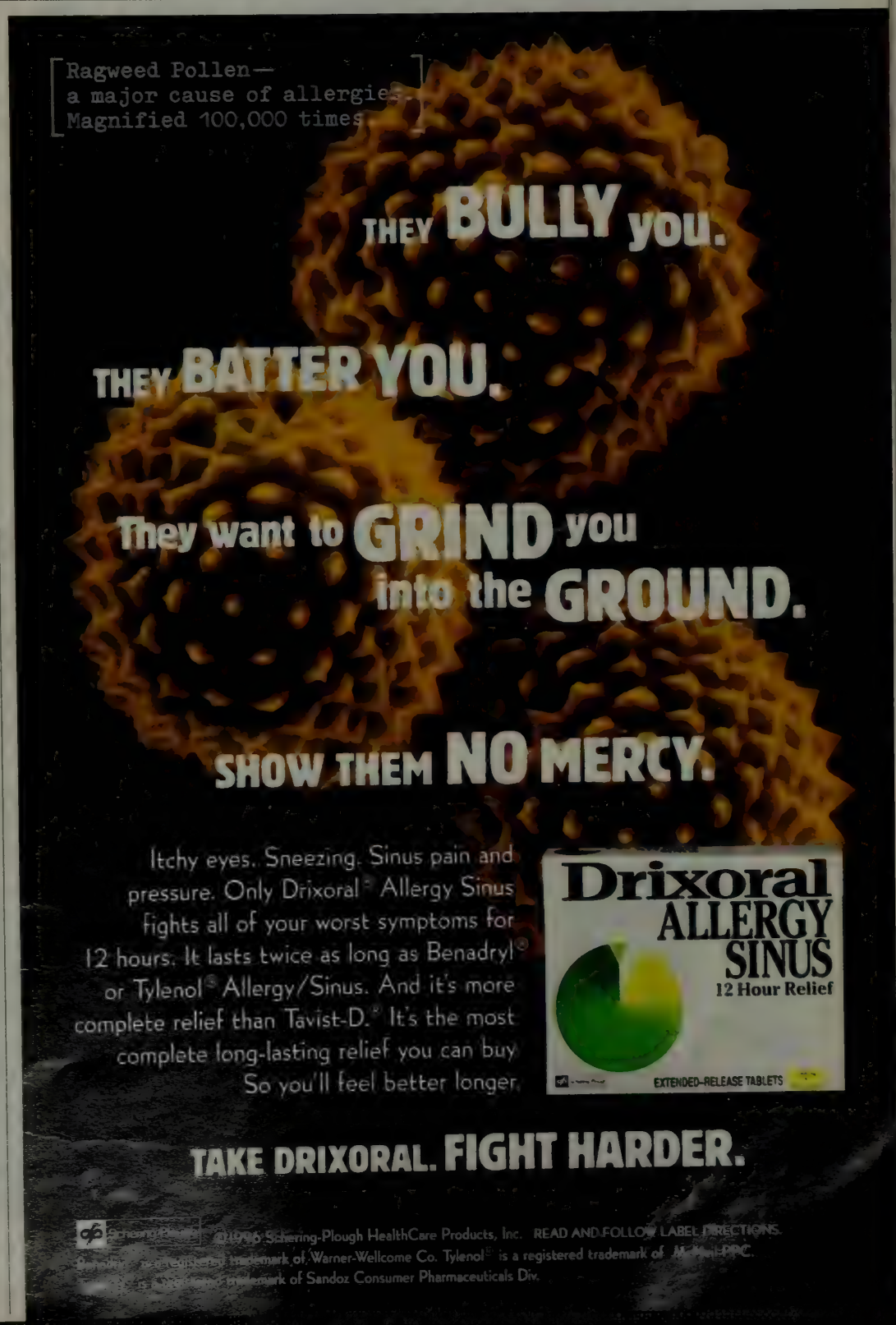
Two new drugs, which recently won approval by the Food and Drug Administration, represent a major breakthrough in treating type II diabetes. "Physicians can now mix and match medications based on individual need, something that wasn't an option before," says Dr. Vinicor.

Metformin hydrochloride, sold as Glucophage, helps the body better utilize the insulin it already produces. The drug also reduces sugar production in the liver.

The really good news is that it doesn't cause an overproduction of insulin, which is a risk factor for heart disease. The drug also has been found to moderately improve cholesterol levels.

Acarbose, sold as Precose, works by slowing down digestion of carbohydrates and decreases the sharp rise in glucose that type II diabetics experience after a meal. Precose allows the body's own insulin to better regulate sugar levels.

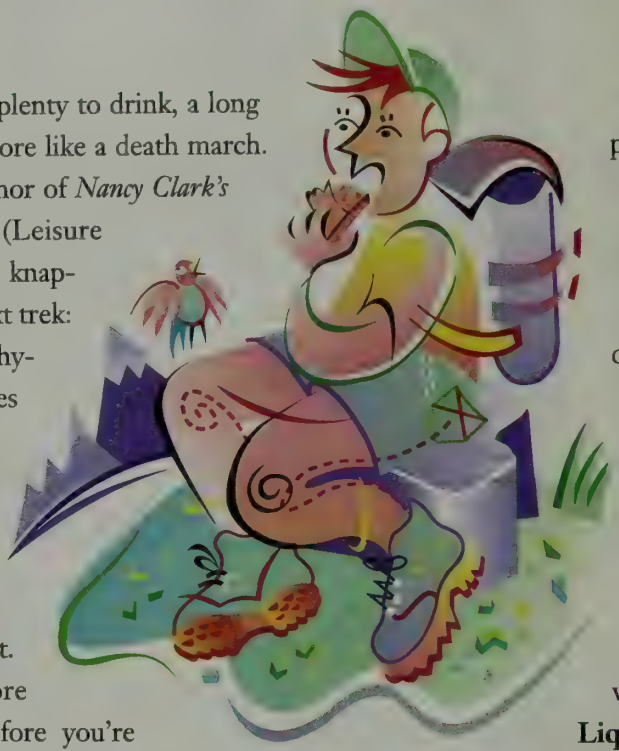
Both of the new medications can cause side effects, such as nausea and diarrhea, but most patients report that ill effects fade with time. ⌂



fitness matters

GOOD NEWS ABOUT SHAPING UP

Take a Hike—And Pack These Healthy Snacks



Without the right food and plenty to drink, a long hike on a hot day can seem more like a death march. Nancy Clark, M.S., R.D., author of *Nancy Clark's Sports Nutrition Guidebook* (Leisure Press, 1990, $15) offers these knapsack nutrition tips for your next trek:

• Eat a hearty, high-carbohydrate breakfast. This ensures your "tank" is full before you leave. Some good choices are oatmeal or other hot cereal with bananas, raisins, nuts, and milk; granola; pancakes; or French toast.

• On the trail, eat before you're hungry and drink before you're thirsty. Your body is a little slow providing feedback necessary to avoid dehydration and fatigue. Snack every hour or so, stop for lunch, and drink water every 20 to 30 minutes.

• Specifically, Clark recommend packing some of the following: **Breads and grains**—bagels, crackers, pita bread, pretzels, or tortillas; **Fruits**—fresh apples, oranges, bananas, and pears; or dried raisins, dates, figs, apples, apricots, pears, and bananas. **Lunch foods**—baked beans, cheese, canned chicken or tuna, peanut butter, almonds, cashews, sunflower seeds, corn nuts, sandwiches, or spaghetti. **Sweets**—energy bars, cookies (oatmeal-raisin or vanilla wafers), or graham crackers. **Liquids**—water, juice, or sports drinks.

• Take along foods you really enjoy. Clark bakes banana bread before most of her hikes. "Hiking is one of life's pleasures, and food is one of life's pleasures," she says. "You can combine the two and still be healthy."



Prevent Soccer Injuries

Soccer can be a real kick, but too often it's a painful kick in the shins. During a game, the shinbone is the third most commonly injured area, says David H. Janda, M.D., director of the Institute for Preventative Sports Medicine (IPSM) in Ann Arbor, Michigan. The ankle and knee are the two most common injuries.

While many young players already wear shin guards, there's proof now that they work. A study by Dr. Janda found that shin guards reduce the force of a kick to the leg by 40 to 70 percent. The best shin guards are those that use air pockets for cushioning, he says.

In another study, researchers found that one in five soccer injuries was inflicted on the goalie. Padding on goal posts reduced the force of impact by up to 63 percent and did not affect rebounds or goal dimensions. In the 471 games played with padded posts, no goalies were injured. These results, says Dr. Janda, should prompt parents and coaches to push for padded, stationary goals.

continued on page 82

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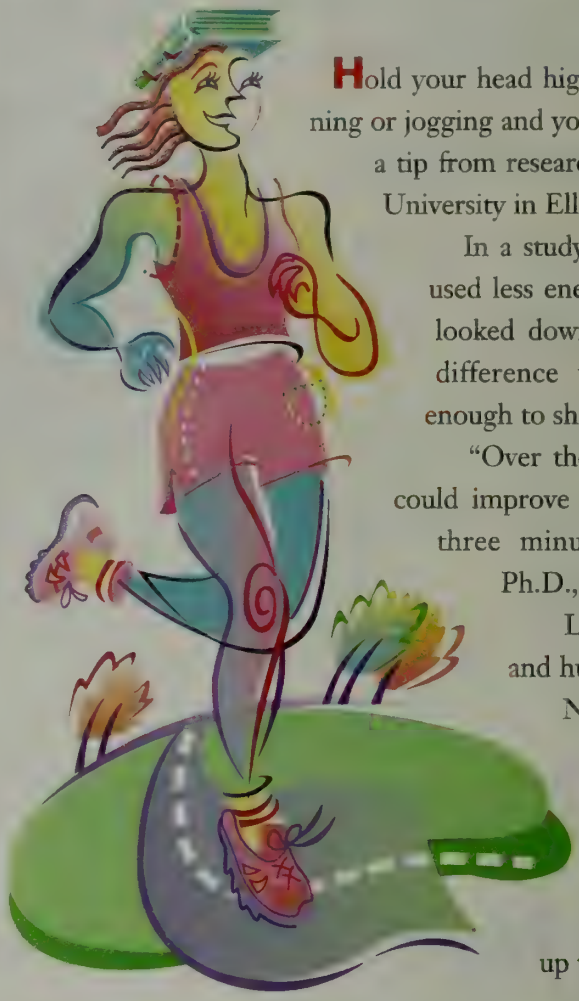


Stayfree®

Worry free.

continued from page 80

Heads Up, Runners



Hold your head high the next time you go running or jogging and you'll have more energy. That's a tip from researchers at Central Washington University in Ellensburg, Washington.

In a study, runners who looked ahead used less energy than those runners who looked down at the ground. While the difference was only 1.3 percent, it's enough to show up on a stopwatch.

"Over the course of a marathon that could improve a finish time by more than three minutes," says Vince Nethery, Ph.D., one of the study's coauthors. Looking down tilts your head and hunches your upper body, says Nethery. This affects normal upright running and uses more energy. Be sure to look down when running on uneven terrain, but on flat ground, keep your head up to keep your energy up.

Exercise by Age

Have you ever wondered what other people your age are doing to stay fit? The Sporting Goods Manufacturers Association recently surveyed a large group of people who exercise regularly (at least twice a week) to see who's doing what. Here's what they found:

Exercise	Median age	Exercise	Median age
Fitness walking	49	Multipurpose gym	35
Treadmill	45	Step aerobics	33
Stationary bike	44	Free weights	31
Skiing machine	43	High-impact aerobics	31
Rowing machine	39	Running/jogging	26
Low-impact aerobics	38	Swimming	25
Stair climber	35	Fitness bicycling	21

While this chart may help you choose an exercise, don't let it limit your options. If your doctor says you can cycle at 62 or swim at 35, get out there and do it!

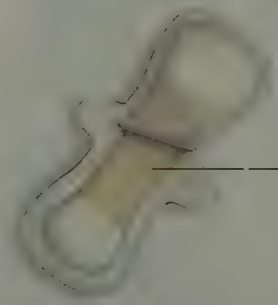
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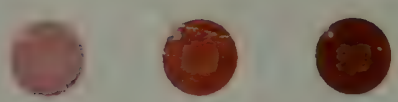
So if you're taking Procardia XL for high blood pressure, not angina, and you can remember to take Adalat CC on an empty stomach, show this page to your doctor and ask if he or she would consider switching you from Procardia XL to Adalat CC for your high blood pressure. Only your doctor can authorize this switch. When switching brands of drugs, additional costs may be incurred for office visits or monitoring. If your doctor thinks it's necessary, your dosage will be adjusted.

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INDICATION AND USAGE: ADALAT CC is indicated for the treatment of hypertension. It may be used alone or in combination with other antihypertensive agents.

CONTRAINDICATIONS: Known hypersensitivity to nifedipine.

WARNINGS: Excessive Hypotension: Although in most patients the hypotensive effect of nifedipine is modest and well tolerated, occasional patients have had excessive and poorly tolerated hypotension. These responses have usually occurred during initial titration or at the time of subsequent upward dosage adjustment, and may be more likely in patients using concomitant beta-blockers.

Severe hypotension and/or increased fluid volume requirements have been reported in patients who received immediate release capsules together with a beta-blocking agent and who underwent coronary artery bypass surgery using high dose fentanyl anesthesia. The interaction with high dose fentanyl appears to be due to the combination of nifedipine and a beta-blocker, but the possibility that it may occur with nifedipine alone, with low doses of fentanyl, in other surgical procedures, or with other narcotic analgesics cannot be ruled out. In nifedipine-treated patients where surgery using high dose fentanyl anesthesia is contemplated, the physician should be aware of these potential problems and, if the patient's condition permits, sufficient time (at least 36 hours) should be allowed for nifedipine to be washed out of the body prior to surgery.

Increased Angina and/or Myocardial Infarction: Rarely, patients, particularly those who have severe obstructive coronary artery disease, have developed well documented increased frequency, duration and/or severity of angina or acute myocardial infarction upon starting nifedipine or at the time of dosage increase. The mechanism of this effect is not established.

Beta-Blocker Withdrawal: When discontinuing a beta-blocker it is important to taper its dose, if possible, rather than stopping abruptly before beginning nifedipine. Patients recently withdrawn from beta blockers may develop a withdrawal syndrome with increased angina, probably related to increased sensitivity to catecholamines. Initiation of nifedipine treatment will not prevent this occurrence and on occasion has been reported to increase it.

Congestive Heart Failure: Rarely, patients (usually while receiving a beta-blocker) have developed heart failure after beginning nifedipine. Patients with tight aortic stenosis may be at greater risk for such an event, as the unloading effect of nifedipine would be expected to be of less benefit to these patients, owing to their fixed impedance to flow across the aortic valve.

PRECAUTIONS: General - Hypotension: Because nifedipine decreases peripheral vascular resistance, careful monitoring of blood pressure during the initial administration and titration of ADALAT CC is suggested. Close observation is especially recommended for patients already taking medications that are known to lower blood pressure (See WARNINGS).

Peripheral Edema: Mild to moderate peripheral edema occurs in a dose-dependent manner with ADALAT CC. The placebo subtracted rate is approximately 8% at 30 mg, 12% at 60 mg and 19% at 90 mg daily. This edema is a localized phenomenon, thought to be associated with vasodilation of dependent arterioles and small blood vessels and not due to left ventricular dysfunction or generalized fluid retention. With patients whose hypertension is complicated by congestive heart failure, care should be taken to differentiate this peripheral edema from the effects of increasing left ventricular dysfunction.

Information for Patients: ADALAT CC is an extended release tablet and should be swallowed whole and taken on an empty stomach. It should not be administered with food. Do not chew, divide or crush tablets.

Laboratory Tests: Rare, usually transient, but occasionally significant elevations of enzymes such as alkaline phosphatase, CPK, LDH, SGOT, and SGPT have been noted. The relationship to nifedipine therapy is uncertain in most cases, but probable in some. These laboratory abnormalities have rarely been associated with clinical symptoms; however, cholestasis with or without jaundice has been reported. A small increase (<5%) in mean alkaline phosphatase was noted in patients treated with ADALAT CC. This was an isolated finding and it rarely resulted in values which fell outside the normal range. Rare instances of allergic hepatitis have been reported with nifedipine treatment. In controlled studies, ADALAT CC did not adversely affect serum uric acid, glucose, cholesterol or potassium.

Nifedipine, like other calcium channel blockers, decreases platelet aggregation *in vitro*. Limited clinical studies have demonstrated a moderate but statistically significant decrease in platelet aggregation and increase in bleeding time in some nifedipine patients. This is thought to be a function of inhibition of calcium transport across the platelet membrane. No clinical significance for these findings has been demonstrated.

Positive direct Coombs' test with or without hemolytic anemia has been reported but a causal relationship between nifedipine administration and positivity of this laboratory test, including hemolysis, could not be determined.

Although nifedipine has been used safely in patients with renal dysfunction and has been reported to exert a beneficial effect in certain cases, rare reversible elevations in BUN and serum creatinine have been reported in patients with pre-existing chronic renal insufficiency. The relationship to nifedipine therapy is uncertain in most cases but probable in some.

Drug Interactions: Beta-adrenergic blocking agents: (See WARNINGS).

ADALAT CC was well tolerated when administered in combination with a beta blocker in 187 hypertensive patients in a placebo-controlled clinical trial. However, there have been occasional literature reports suggesting that the combination of nifedipine and beta-adrenergic blocking drugs may increase the likelihood of congestive heart failure, severe hypotension, or exacerbation of angina in patients with cardiovascular disease.

Digitalis: Since there have been isolated reports of patients with elevated digoxin levels, and there is a possible interaction between digoxin and ADALAT CC, it is recommended that digoxin levels be monitored when initiating, adjusting, and discontinuing ADALAT CC to avoid possible over- or under-digitalization.

Coumarin Anticoagulants: There have been rare reports of increased prothrombin time in patients taking coumarin anticoagulants to whom nifedipine was administered. However, the relationship to nifedipine therapy is uncertain.

Quinidine: There have been rare reports of an interaction between quinidine and nifedipine (with a decreased plasma level of quinidine).

Cimetidine: Both the peak plasma level of nifedipine and the AUC may increase in the presence of cimetidine. Ranitidine produces smaller non-significant increases. The effect of cimetidine may be mediated by its known inhibition of hepatic cytochrome P-450, the enzyme system probably responsible for the first-pass metabolism of nifedipine. If nifedipine therapy is initiated in a patient currently receiving cimetidine, cautious titration is advised.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Nifedipine was administered orally to rats for two years and was not shown to be carcinogenic. When given to rats prior to mating, nifedipine caused reduced fertility at a dose approximately 30 times the maximum recommended human dose. *In vivo* mutagenicity studies were negative.

Pregnancy: Pregnancy Category C. In rodents, rabbits and monkeys, nifedipine has been shown to have a variety of embryotoxic, placentotoxic and fetotoxic effects, including stunted fetuses (rats, mice and rabbits), digital anomalies (rats and rabbits), rib deformities (mice), cleft palate (mice), small placentas and underdeveloped chorionic villi (monkeys), embryonic and fetal deaths (rats, mice and rabbits), prolonged pregnancy (rats; not evaluated in other species), and decreased neonatal survival (rats; not evaluated in other species). On a mg/kg or mg/m^2 basis, some of the doses associated with these various effects are higher than the maximum recommended human dose and some are lower, but all are within an order of magnitude of it.

The digital anomalies seen in nifedipine-exposed rabbit pups are strikingly similar to those seen in pups exposed to phenytoin, and these are in turn similar to the phalangeal deformities that are the most common malformation seen in human children with *in utero* exposure to phenytoin.

There are no adequate and well-controlled studies in pregnant women. ADALAT CC should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers: Nifedipine is excreted in human milk. Therefore, a decision should be made to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

ADVERSE EXPERIENCES: The incidence of adverse events during treatment with ADALAT CC in doses up to 90 mg daily were derived from multi-center placebo-controlled clinical trials in 370 hypertensive patients. Atenolol 50 mg once daily was used concomitantly in 187 of the 370 patients on ADALAT CC and in 64 of the 126 patients on placebo. All adverse events reported during ADALAT CC therapy were tabulated independently of their causal relationship to medication.

The most common adverse event reported with ADALAT® CC was peripheral edema. This was dose related and the frequency was 18% on ADALAT CC 30 mg daily, 22% on ADALAT CC 60 mg daily and 29% on ADALAT CC 90 mg daily versus 10% on placebo.

Other common adverse events reported in the above placebo-controlled trials include: Headache (19%, versus 13% placebo incidence); Flushing/heat sensation (4%, versus 0% placebo incidence); Dizziness (4%, versus 2% placebo incidence); Fatigue/asthenia (4%, versus 4% placebo incidence); Nausea (2%, versus 1% placebo incidence); Constipation (1%, versus 0% placebo incidence).

Where the frequency of adverse events with ADALAT CC and placebo is similar, causal relationship cannot be established.

The following adverse events were reported with an incidence of 3% or less in daily doses up to 90 mg:

Body as a Whole/Systemic: chest pain, leg pain **Central Nervous System:** paresthesia, vertigo **Dermatologic:** rash **Gastrointestinal:** constipation **Musculoskeletal:** leg cramps **Respiratory:** epistaxis, rhinitis **Urogenital:** impotence, urinary frequency

Other adverse events reported with an incidence of less than 1.0% were:

Body as a Whole/Systemic: cellulitis, chills, facial edema, neck pain, pelvic pain, pain **Cardiovascular:** atrial fibrillation, bradycardia, cardiac arrest, extrasystole, hypotension, palpitations, phlebitis, postural hypotension, tachycardia, cutaneous angiectasas **Central Nervous System:** anxiety, confusion, decreased libido, depression, hypertonia, insomnia, somnolence **Dermatologic:** pruritus, sweating **Gastrointestinal:** abdominal pain, diarrhea, dry mouth, dyspepsia, esophagitis, flatulence, gastrointestinal hemorrhage, vomiting **Hematologic:** lymphadenopathy **Metabolic:** gout, weight loss **Musculoskeletal:** arthralgia, arthritis, myalgia **Respiratory:** dyspnea, increased cough, rales, pharyngitis **Special Senses:** abnormal vision, amblyopia, conjunctivitis, diplopia, tinnitus **Urogenital/Reproductive:** kidney calculus, nocturia, breast engorgement

The following adverse events have been reported rarely in patients given nifedipine in other formulations: allergenic hepatitis, alopecia, anemia, arthritis with ANA (+), depression, erythromelalgia, exfoliative dermatitis, fever, gingival hyperplasia, gynecomastia, leukopenia, mood changes, muscle cramps, nervousness, paranoid syndrome, purpura, shakiness, sleep disturbances, syncope, taste perversion, thrombocytopenia, transient blindness at the peak plasma level, tremor and urticaria.

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Reference:

1. *IMS NPA+, IMS America, LTD., January 1996.*

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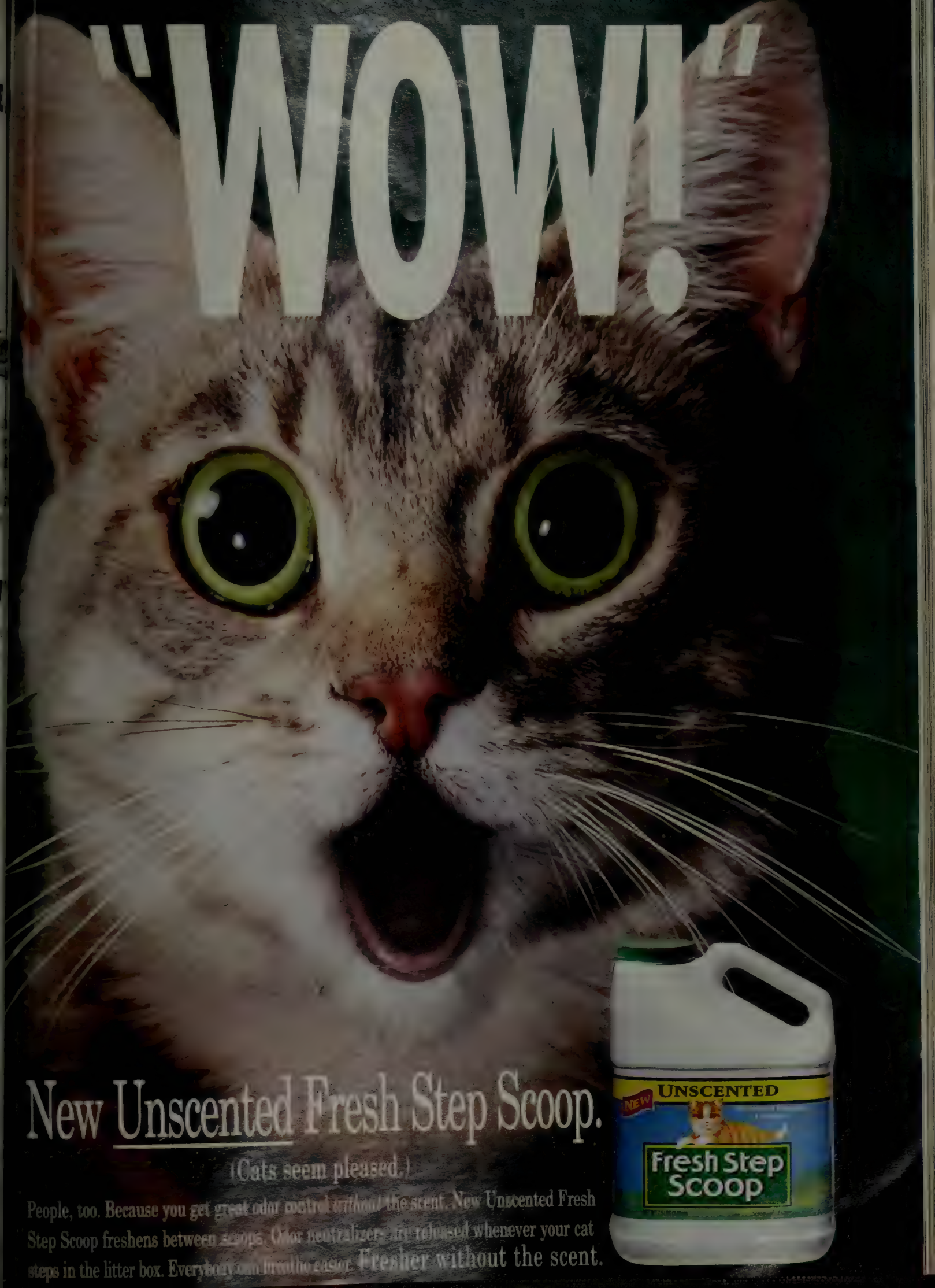
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Exercise Together For Better or Worse

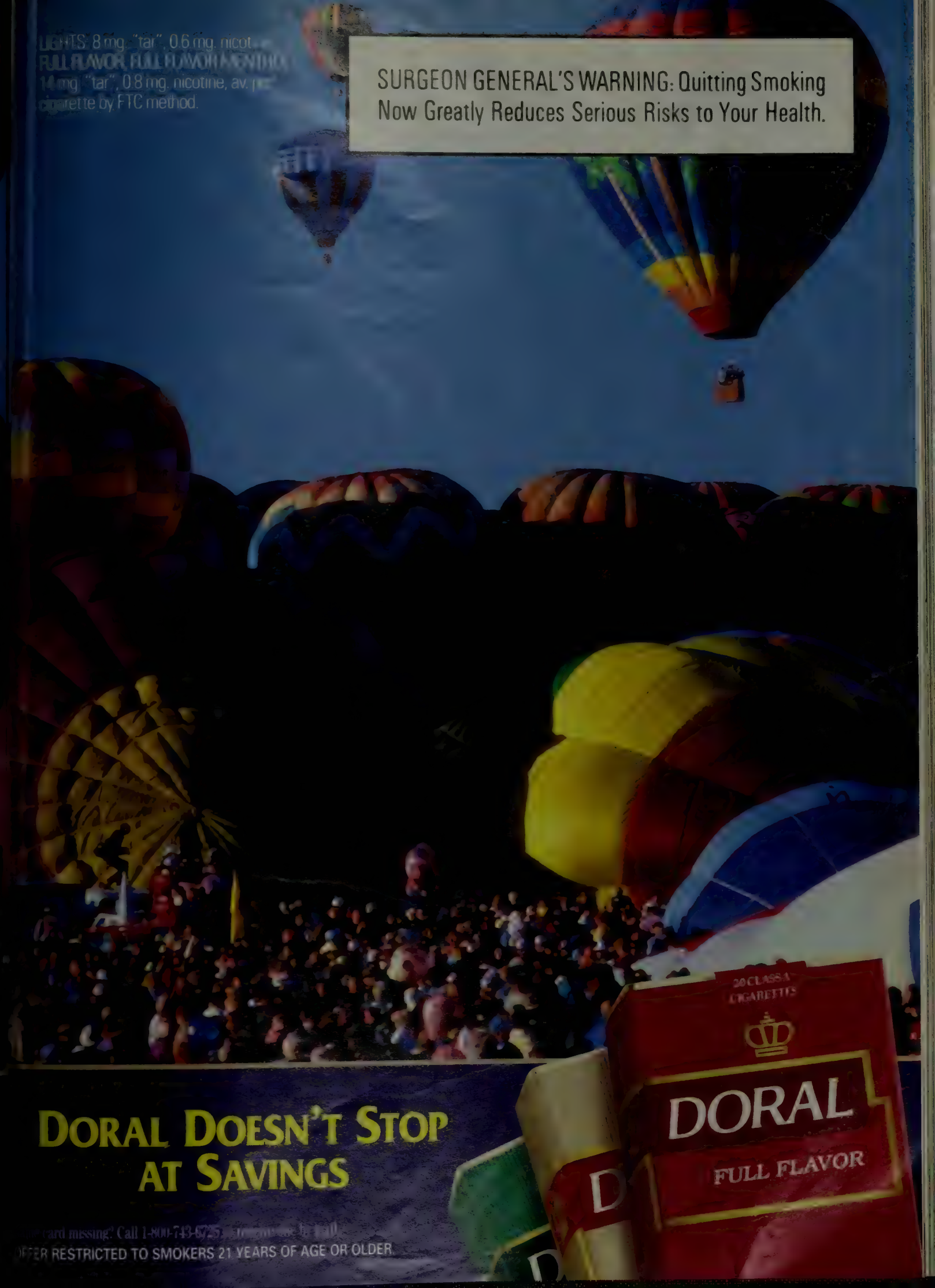
Couples who set aside time to exercise together are more likely to stick with it than those who exercise at separate times.

Of the 62 people enrolled in a fitness class at Indiana University three nights a week, married couples had higher attendance, followed exercise prescriptions, and had lower dropout rates than married men and women who attended class on their own.

Janet P. Wallace, professor of kinesiology and director of the university's adult fitness program, says that spouses who exercise at the same time and support one another are more successful at making fitness a lifelong habit.


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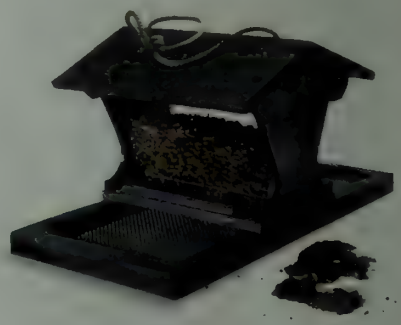
For recycling to be successful, consumers must make the process profitable for manufacturers by purchasing products made from recycled materials. Watch for labels that point out goods made with recycled contents, such as this variety of bins, knickknacks, and birds. *To purchase any of the items shown here, see page 95.*



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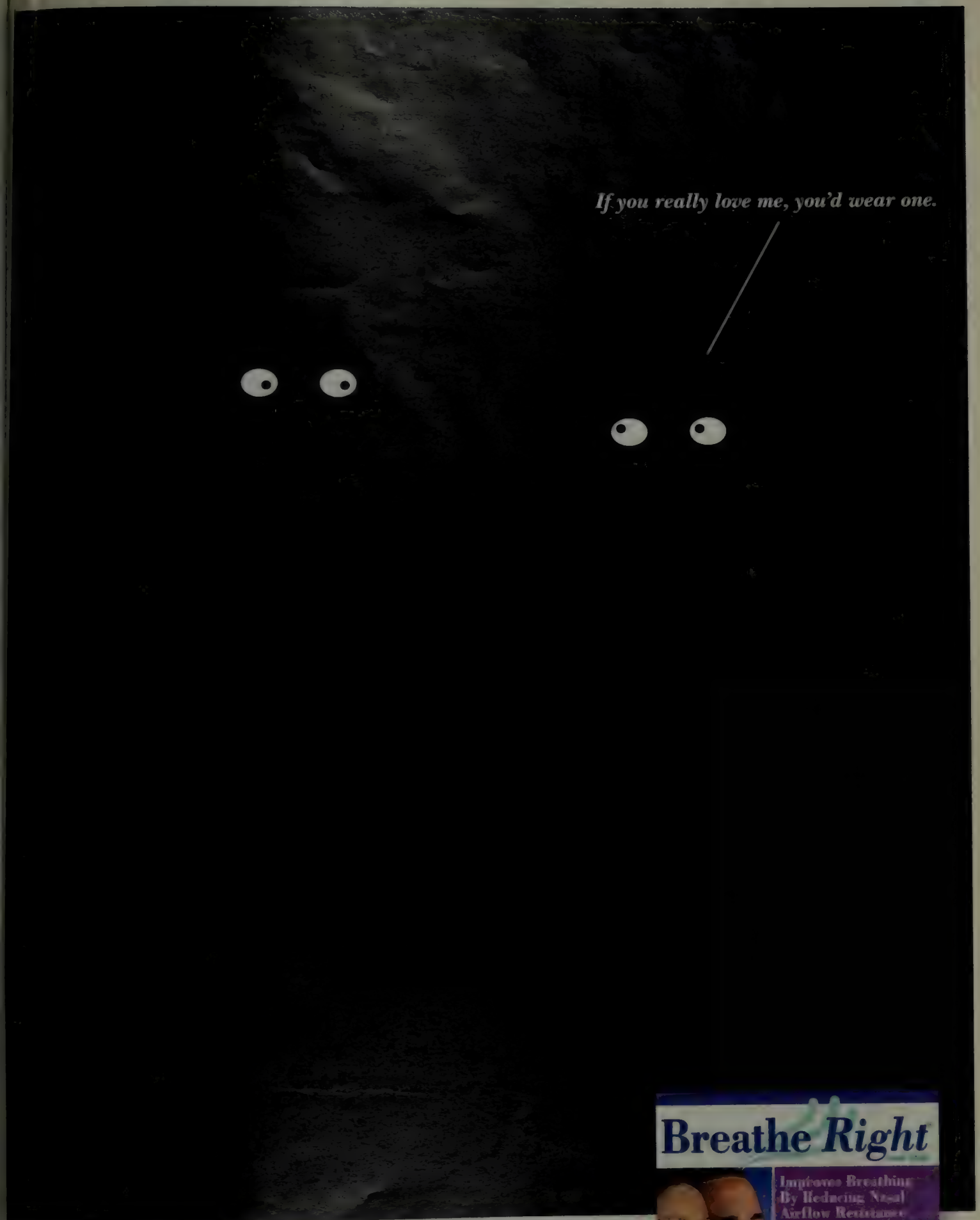


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TO ASK THE QUESTION ONCE AGAIN:
ARE YOU DRINKING ENOUGH?



FLORIDA ORANGE GROWERS

Choosing to Reuse

"Our Environment" (see *page 92*) features six products manufactured primarily from recycled materials. Each was specially selected for the readers of *Better Homes and Gardens®* magazine.

The **5×7 Photo Frame** is handwoven from recycled paper. From Two's Company. ($29.95)

The **Toucan Yardbird** is made by hand from discontinued, rejected, or scrapped garden tools, bicycles, farm machinery, and auto parts. No two are alike and all are slightly imperfect. Water-based paints are applied by hand and baked at 220 degrees. Our violet-colored bird is trimmed in turquoise and features a yellow and red bill and yellow feet. He measures about 19 inches tall. From Bandana/Yardbirds Company. ($79.95)

The **Second Nature Bird Feeder** is ruggedly built and sensibly designed with two extra-deep porches to catch seed that usually falls to the ground. Made of 100 percent post-consumer plastic, this feeder is impervious to weather and maintenance free. Measures 18×10×10; the hopper holds ½ gallon of seed. From Gardener's Supply Company. ($64.95)

The **Green Magic Tumbler** makes compost in just 21 days. Sensibly sized and affordably priced, it will give you a plentiful supply of compost all season long without the labor of hand turning and aerating. Made in England from UV-stabilized, 75 percent post-consumer recycled plastic, it has a screw-on lid and an extra wide opening for easy filling and emptying. The barrel has vent holes for good aeration and a handle for easy turning; it's mounted on a steel frame with an aluminum axis. Holds five bushels of organic matter. Measures 27×34×48½ inches; minor assembly required. From Gardener's Supply Company. ($146.95)

The **Handblown Glass Fruit Bowl** is expertly blown from recycled Spanish glass. Each piece is unique with subtle distinctions in curve, tint, and the trademark glassblower's bubbles. The wrought iron stand has a marbled enamel finish. The bowl and stand measure approximately 12 inches in diameter and 5 inches high. From Gardener's Supply Company. ($49.95)

The **Tool Bucket/Garden Seat** allows you to carry everything to the garden in one trip. The handy ten-pocket tote slips around the five-gallon recycled bucket, and the air-cushioned seat and cover provide a place to sit. The tote is made of weatherproof polyester mesh so you can rinse off your tools and put them right back into the pockets. The seat is made from recycled polyethylene with a textured no-slip surface. From Gardener's Supply Company. ($34.95)

TO ORDER: *All prices shown at the end of the descriptive information above include shipping, handling, and applicable sales tax. To order with your Mastercard, Visa, or American Express card, call* Better Homes and Gardens *Reader Shopping Service toll free at 800/881-4066. To order by mail, make a list of the product(s) you desire to purchase, calculate the total from the prices shown, and send your list along with a check or money order for the total amount to:* Better Homes and Gardens *Reader Shopping Service, Department 9606, Box 9128, Des Moines, IA 50306-9128. Sorry, we are unable to ship these items to customers in Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

Scaling the Vegetarian Pyramid

by Mary Hubbard, Ph.D., R.D.



Pass the beans and rice, please. And, forgo the meat, at least for today. Whether you call it meatless dining, vegetarianism, or just plain and simple cooking, this manner of eating is becoming almost as popular as Big Macs. Many families today are balancing their burgers with meat-free meals on other days. Here's why they're sampling vegetarian dining and how you, too, can go meatless every once in a while or every day.

BOUNTIFUL BENEFITS

Vegetarian-style eating (and there are many versions, see *page 98*) can help you and your family meet the goal of eating low-fat, high-fiber, vitamin-rich meals as recommended by health authorities. The abundance of fruits, vegetables, legumes, and grains in vegetarian dishes provide familiar nutrients such as vitamins, minerals, and fiber. These foods also contain compounds called phytochemicals which appear to help fend off heart disease and cancer. Examples of these increasingly appreciated substances include beta-carotene from deep green and yellow-orange fruits and vegetables and the isoflavone genistein found in foods made from soybeans.

Start at the bottom and climb to the top to reap the benefits of eating more meals that emphasize grains, vegetables, and meat substitutes.

Plus, the American Dietetic Association reports that vegetarians, especially "vegans," have lower mortality rates from several chronic diseases and conditions, including heart disease, hypertension, certain cancers, diabetes, and obesity. Their diet as well as other lifestyle factors may play a beneficial role.

GETTING STARTED

Even with so many good things in the foods that make up vegetarian meals, devotees do not automatically eat a healthful diet. A recent study found that vegetarians eat nearly as much fat as meat-eaters. This could be attributed to cheeses and nuts, which are concentrated sources of both protein and fat. Also, meal planning requires special attention (especially of strict vegetarians) to ensure that the menu provides a variety of nutrients.

continued on page 98

If you're cutting down on fat, may we suggest two boxes of chocolates.



NEW Devil's Food and White Chocolate Jell-O® Fat Free Pudding.

They're smooth, creamy, melt-in-your-mouth chocolates. Go ahead, indulge yourself.

Vegetarian Pyramid

continued from page 96

To help people make the most of vegetarian-style eating, Dr. Arlene Spark, professor of nutrition at New York Medical College, designed the Vegetarian Pyramid. This guide can help you fix plant-based meals that provide all of the 40 or so nutrients known to be crucial to good health. Dr. Spark suggests that vegetarians "eat a variety of foods as well as the appropriate number of servings from each group." Like the USDA's Food Guide Pyramid, the Vegetarian Pyramid is divided into six groups:

1. Grains and starchy vegetables: The foundation of meal planning, vegetarian or not, should include six to 11 daily servings of breads, cereals, rice, and pasta plus starchy vegetables such as potatoes, corn, and green beans. These foods provide energy-rich carbohydrates, fiber, B vitamins, and iron; grains such as wheat, corn, oats, and rice also contribute protein to the diet.

2. All other vegetables: Three or more servings a day provide important vitamins, minerals, and fiber.

3. Fruits: Plan on 2 to 4 servings each day to meet your need for vitamins A and C. Eating foods containing vitamin C (such as citrus fruit) at the same time as an iron-containing food (like beans) will help your body absorb the iron more efficiently.

4. Milk and milk substitutes: If you regularly consume milk, cheese, yogurt, and even ice cream, your calcium intake should be adequate. If you avoid dairy products, reach for green leafy vegetables, calcium-fortified orange juice, and fortified soy milk and cheese.

5. Meat/fish/poultry substitutes: To meet your minimum protein needs include 2 to 3 servings of dry beans, nuts, seeds, peanut butter, tofu, or eggs throughout a day. Contrary to popular belief, vegans don't need to carefully mix and match their plant sources of protein as long as a variety of foods are eaten.

6. Special needs for vegans: When you eat only plant foods, you come up short on some nutrients. Here's how to compensate each day: 1 tablespoon blackstrap molasses contributes iron and calcium; 1 tablespoon brewer's yeast is rich in vitamin B_{12}; and 3 to 5 teaspoons vegetable oil contributes vitamin E and calories (should you need extra).



As-You-Like-It Pilaf (see recipe, *page 210*) lets every family member have it their way—with or without chicken and cheese.

VEGETARIANISM: FROM STRICT TO SOMETIMES

- Vegan: Eats only plant-based foods
- Lacto-Vegetarian: Includes milk and milk products in the diet
- Ovo-Vegetarian: Includes eggs
- Lacto-Ovo Vegetarian: Includes milk, milk products, and eggs in meals
- Pollo-Vegetarian: Includes poultry in addition to the above
- Pesca-Vegetarian: Includes fish and other seafood in the diet but no poultry or meat products
- The Sometimes Vegetarian: Chooses a "plant centered" diet with small amounts or less frequent use of animal-derived products

NOW YOU'RE COOKIN'

Even if you are not ready (and may have no desire) to give up your Fourth of July hamburgers or Thanksgiving turkey, you can give your family's health and tastebuds a real boost with these ideas.

- Suggest to your family that you set aside one night of the week to experiment. Meatless Mondays perhaps?
- Serve breakfast for dinner. Rushed mornings often cause us to miss out on special breakfast treats such as waffles, French toast, or omelets. Serve a mock meat alongside.
- To encourage acceptance of meals minus the meat, serve your "new style" dishes with some family favorites. For example, a vegetarian stew served with garlic bread, salad, and ice cream for dessert.
- Eggplant is called the vegetarian's beef because of its meaty texture. Use it chopped along with sliced meaty mushrooms in pasta sauces, soups, and casseroles.
- Tofu is a great source of both protein and calcium. Try it in stir-fries, saucy dishes, or soups in place of chicken or beef. Tofu by itself is practically tasteless, so it takes on the flavor of other foods.
- Coarse bulgur wheat and chopped, cooked beans closely mimic ground beef in pasta sauce and tacos.
- Use almond and cashew butter in addition to peanut butter in sandwiches and on crackers. Try tahini, a spread made from sesame seeds, on your morning toast.
- Think of your "sometimes vegetarian" dietary changes as an adventurous world tour of eating. Try bean burritos from Mexico, egg fried rice from China, and tabbouleh from the Middle East.
- There are dozens of varieties of beans to try. All are low in fat and high in protein, iron, and B vitamins. Fix your favorite chili using a different kind of bean each time or mix several together.
- Check out the rapidly increasing selection of vegetarian-style convenience foods in the supermarket or menu items in restaurants. This is an easy way for your family to sample the diversity of vegetarian dining.
- Order vegetable or fruit pizza once in a while. Try toppings such as mushrooms, onions, dried tomatoes, peppers, or pineapple—you'll never miss the pepperoni.

Mary Hubbard teaches nutrition at Grossmont College in California. She chooses to be a Sometimes Vegetarian—she's just not ready to give up an occasional beef taco.



Since when is a delicious cooking oil part of a healthy diet?

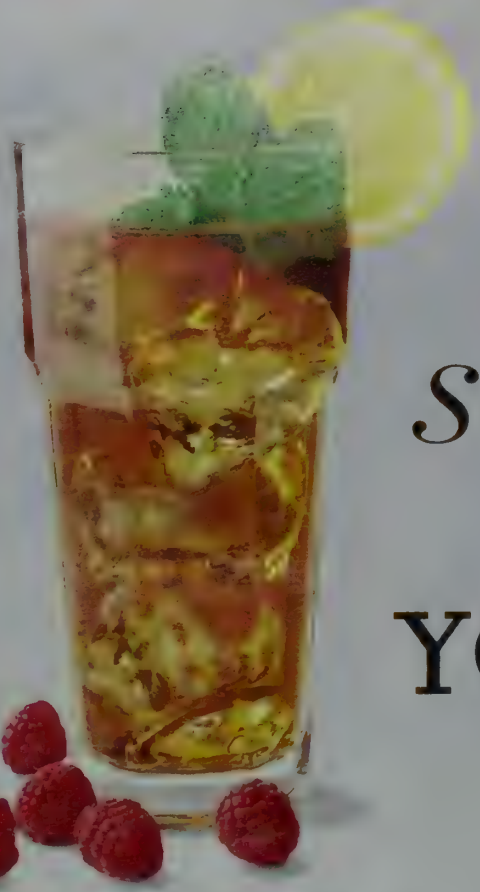
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Step 2: Put it in your fridge for a couple hours.

Step 3: Sit back and enjoy.

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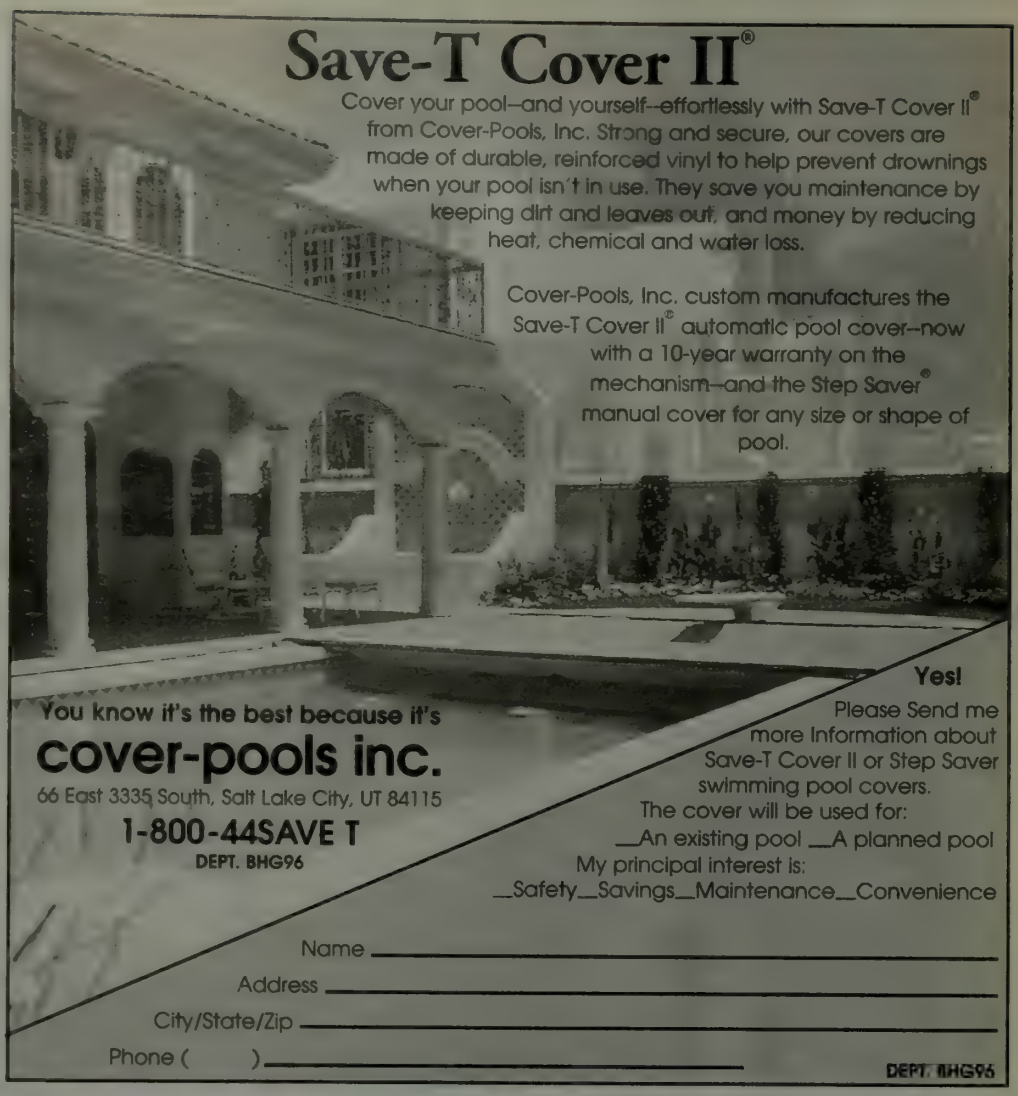
Projects to Build for Kids

You can duplicate the three great projects shown in the "Just For Kids" feature (see *pages 102–108*) with our easy-to-use plans. The three professionally drawn blueprints are available only from *Better Homes and Gardens®* magazine. Each plan contains one or more photographs of the project, a complete list of materials to get you started, construction diagrams, and clearly written instructions to take you step-by-step through each project.



1. The **Skyline Playground** is actually four plans in one; each component—the playhouse, the swing, the sandbox, and the monkey bars—has a separate materials list and separate instructions for building. In addition, the plan includes cloud patterns, a stain and paint color key, and eight full-size templates for the skyline. The entire project occupies a space approximately 27 feet long by 24 feet wide. The cost of the project plan is $24.95.

2. A fanciful getaway for the kids, this 6×8-foot **Victorian Playhouse with Cupola** is also a beautiful accent to the garden. The price of the project plan is $16.95.







3. This **Swiss Chalet Playhouse with Cupola** features a covered front porch, French door access to the balcony, window box, star cutout on the front door, and heart cutouts on the shutters. The basic box is about 6×8 feet, the porch measures about 2×3 feet, and the balcony is about 2×2 feet. Full-size patterns are included for the window box, heart cutout, star cutout, gable trim, rafter ends, and porch ridge board. The price of the project plan is $16.95.

TO ORDER with your Mastercard, Visa, or American Express card, call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066. To order by mail, specify the plans you desire, calculate the total from the prices shown, and send a check or money order for the total amount to *Better Homes and Gardens* Reader Shopping Service, Department 9606, Box 9128, Des Moines, IA 50306-9128. All prices include shipping, handling, and applicable sales tax.



skyline playground

IT'S PRACTICALLY a whole theme park, only you don't have to buy tons of tickets or stand in long lines to show your kids a good time. Our build-it-yourself backyard playground is actually six kinds of fun in one: clubhouse, swings, monkey bars, sandbox, merry-go-round, and slide. Whimsical touches spur the kids' penchant for play by mimicking a make-believe city complete with skyscrapers, streetscapes, and clouds.

by William L. Nolan


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OFF!® Skintastic® For Kids is a great way to keep bugs from biting. It's light and clean. So it feels great on kids' skin–never greasy or oily. OFF! Skintastic is so easy. Just spritz it on and go. Kids sure seem to like it. Bugs were unavailable for comment.
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Feels Great On.
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The TV set will get mighty lonely when you turn your kids loose in this tons-of-fun backyard playground.
To order Skyline Playground Project Plan, see page 101.

This playground packs plenty of action for little kids as well as big ones, and its sturdy wood construction takes all the hard knocks that kids can dish out. Most of the project is built with pressure-treated Southern pine; 4×4 posts anchored in concrete form the core of each upright. A few parts come ready-made: the molded plastic slide, the padded swing seats, a rope-net ladder, and the merry-go-round.

Translucent corrugated plastic on the clubhouse roof lets in light while keeping club meetings high and dry. The puffy white "cloud" on top (cut from MDO plywood) emphasizes that this clubhouse is actually a whole lot higher than you might think.

Two sides of the sandbox resemble a streetscape, setting the scene for all the things kids love to sculpt with sand, such as roads, castles, mountains, and racetracks. The streetscape also helps corral the sand.

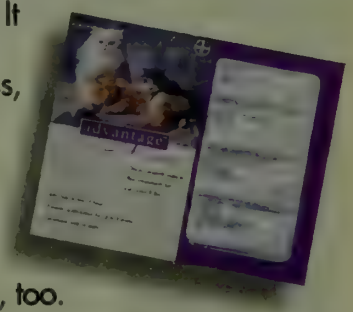
Transparent stains in a medley of comic book colors enliven all the wood structures, and windows were added with stencils. Pea gravel edged with landscape timbers cushions tumbles while keeping little feet clean.

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Victorian playhouse





Storybook tales will spring to life when Junior and Sis move into this diminutive Victorian villa. It's sized just right for little lords and ladies, and when they're all grown up, you can make it a charming focal point for the garden. **To order Victorian Playhouse Project Plan, see page 101.**

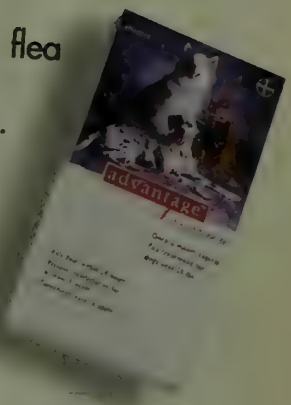
YOU HALF EXPECT Alice and the Mad Hatter to greet you in this fairy-tale playhouse in North Carolina. Owner/designer Dave Wilgus "imagineered" it for daughter Dinah (having tea with a friend, *above*) from scrap wood and flea market finds. Starting with a deck on 4×4 posts, he framed the shell with stock lumber, then added siding that he cut down to a narrower lap from 10-inch stock. The door and door canopy and the cupola are salvage items. Dave finished the inside with real hardwood flooring and wallpaper, then stenciled a "rug" on the floor. Flea-market finials embellish each corner of the ceiling.



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Playing house is twice as much fun when you have a real front porch, real shutters on the windows, and even a real balcony. Amateur carpenter Craig Bayless crafted this cozy chalet for daughter Taylor (*right*) with stock lumber and a few hand tools. To order Swiss Chalet Playhouse Project Plan, see page 101.



just *for* kids

Swiss chalet playhouse

TREAT YOUR kids to this sweet little piece of real estate and watch it become their favorite hangout. It's the perfect spot for best friends to share secrets, sleep over on Saturday nights, or act out their fondest fantasies. Storybook detailing turns the structure's simple garden-shed shape into a mini chalet, complete with balcony and window boxes. Notched trim boards in the gabled porch roof match those at each end, and the front window is fitted with real working shutters. The siding is plywood panels topped with 1×1 battens.

Buying information, page 238.


Ever see a strawberry and a kiwi smile?
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New Strawberry-Kiwi flavor Island Twists™ from Kool-Aid.®

by Mark Kane and Craig Summers Black

gardener's almanac



Doublefile Viburnum

EDITOR'S CHOICE

Tiers of joy. The doublefile viburnum presents its branches in horizontal layers, somewhat like a dogwood. Its flat, lacy flower clusters, too, are reminiscent of the dogwood, making this deciduous shrub a sunny complement or an outright alternative in (slightly) colder climes. And, like most flowering shrubs, it works well behind a flower bed. The Shasta variety is known for its spreading habit, reaching 6 feet up and almost twice that across. Another variety, Summer Snowflake, is similarly showy and blooms nigh onto forever—throughout summer and into fall.

Looking Good





A THOUGHTFUL SPOT. A quiet bench tends to lose its restorative qualities if in repose you must contend with any flitting and fidgeting behind you. For a bench to be all that it can be, it should be backed up against something—a brick wall, as in the Oakland, California, garden at left, or tall greenery, as above, in Portland, Oregon. Pavers and stones keep another intrusion—rivulets underfoot—at bay.

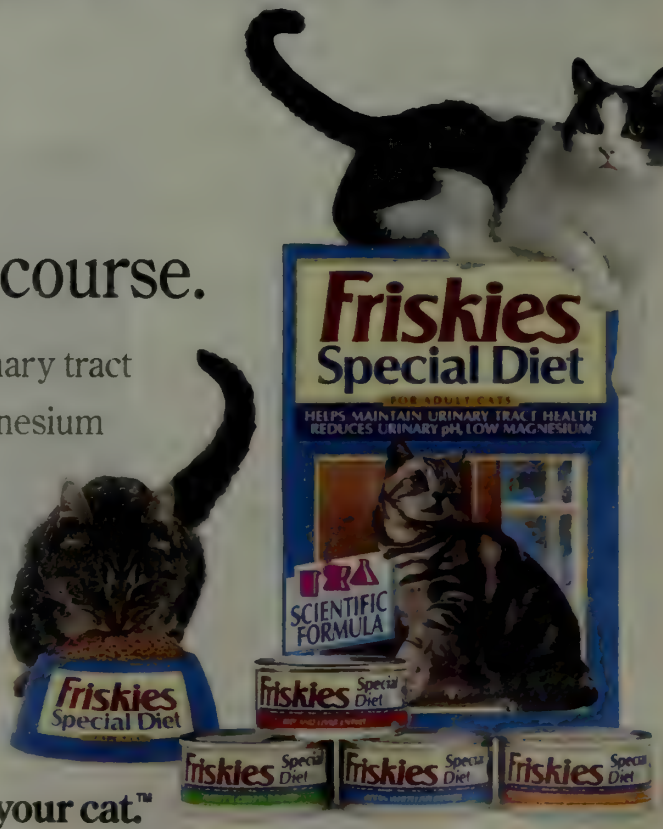
continued on page 112

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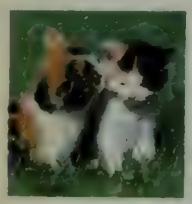


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gardener's almanac

continued from page 110

TEST *garden* TIP

So many moonbeams.

One of the many strong points of perennials—especially a stellar performer such as Coreopsis Moonbeam (*right*)—is that they multiply so readily. To acquire free flowers to plant elsewhere, all you have to do is divide.





1) First, punch a wide circle around the crowded clump. Then lever the shovel up and down under the root ball a few times until it can be lifted out.



2) "Part" the growth with your fingertips until you find a natural dividing line midway. Then pry the two sections apart enough to expose the root ball.



3) Use a sharp knife, or even a saw if necessary, to cut down and through the root ball. Shake off or tease away dead or orphaned roots.



4) Replant one of the divisions in the hole, and find a spot for the bonus baby—or give it to a garden buddy. Thoroughly water after planting.

Buying information, page 238.

PHOTOGRAPHS (TOP) MARK KANE; (ALL OTHERS) PETER KRUMHARDT

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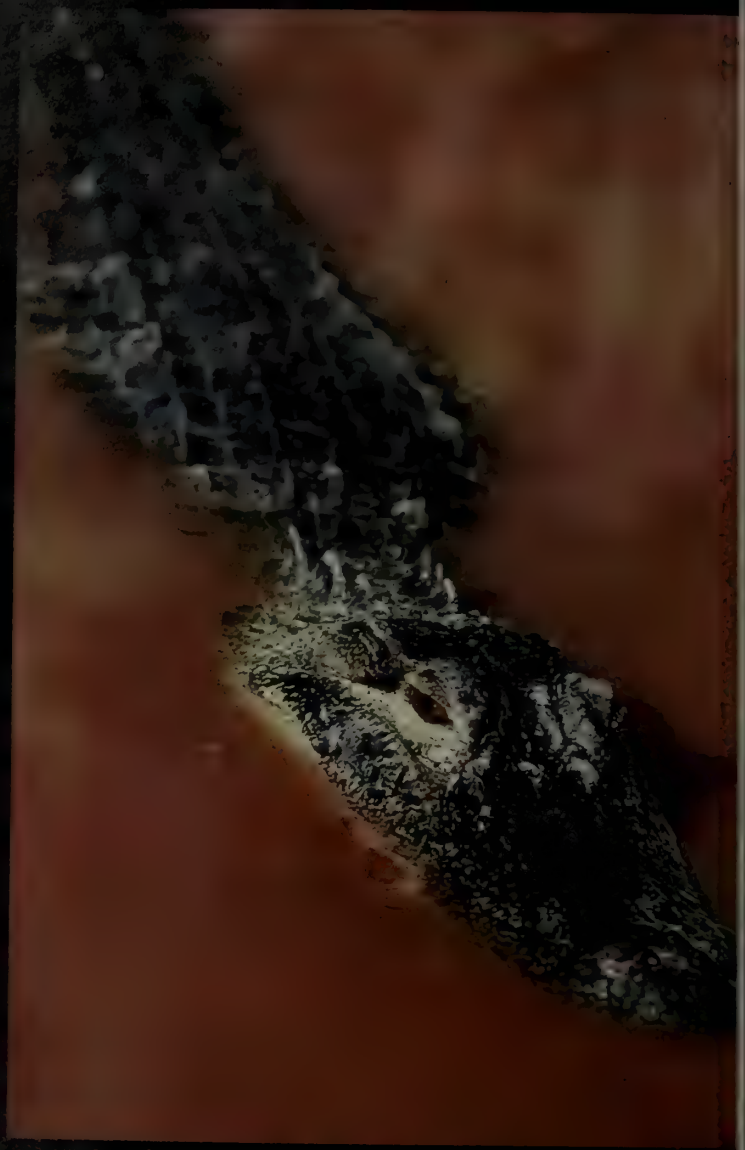
But we provide more than just total kill. Roundup can be used where pets and kids will play. Won't spread to nearby plants. And breaks down into natural materials. So now that you know about all the benefits of Roundup, which weed and grass killer will you be looking for on your next visit to the lawn and garden aisle? There's only one choice. And one choice only. End of story.



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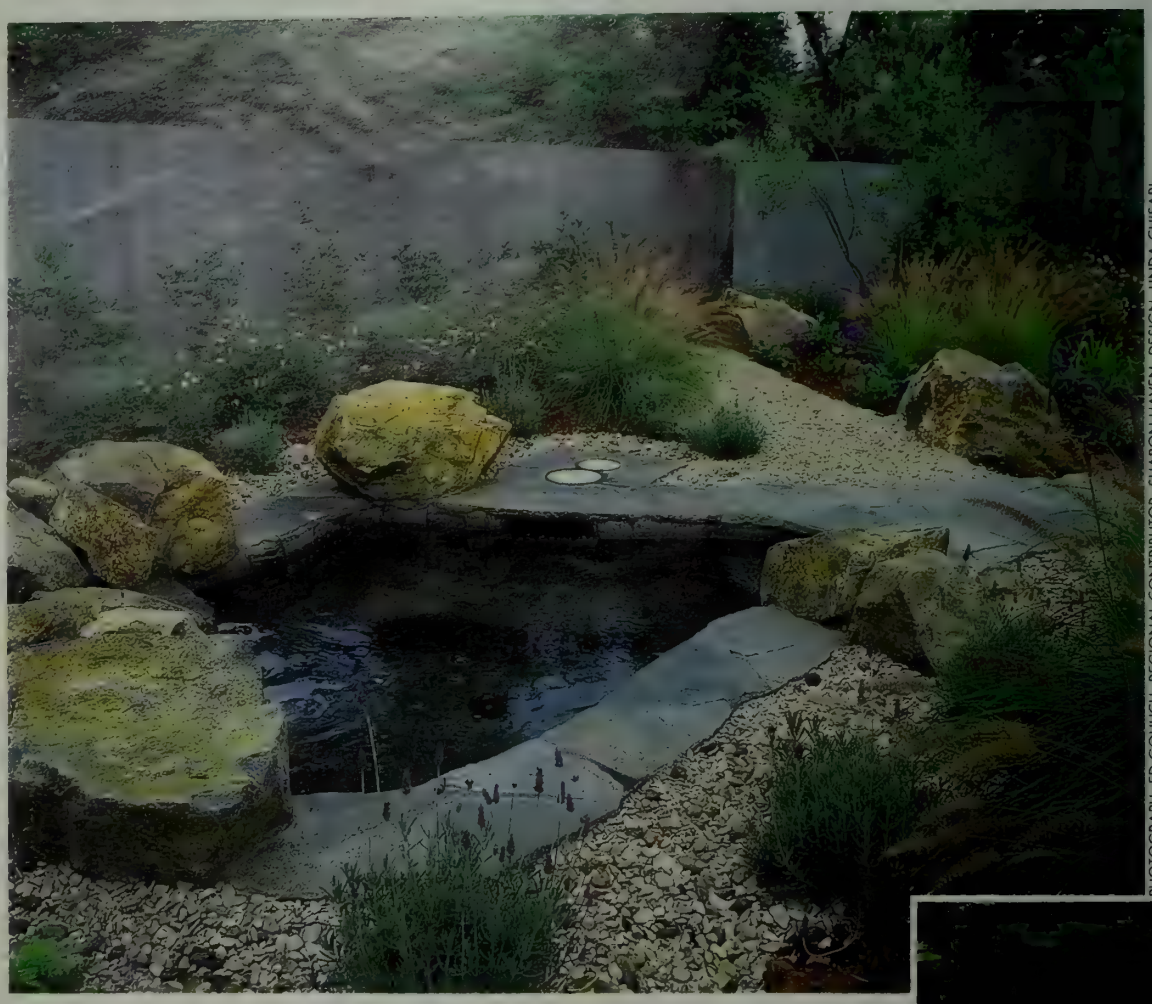
Ponds and Cascades

The stirring sights and soothing sounds of water

A gratifying garden's flowers, foliages, and fruits bring us closer to nature in civilized settings. Yet even the best-laid landscape plans can lack luster without the energizing, soul-soothing sparkle and movement of water. As elemental to human experience as warming fire or sweetly scented earth and air, water gives gardens a look of life-affirming bounty and buoyancy. If your yard feels static and status quo, consider installing a pond—you can set up many designs yourself in less than a day. You'll find a waterscape's refreshing sights and sounds become the sensual centerpiece of your outdoor living.

continued on page 116

Ponds and Cascades



PHOTOGRAPH: ED GOHLICH. REGIONAL CONTRIBUTOR: SHARON HAVEN. DESIGN: LINDA CHISARI.

No matter your garden's size or style, there's room for a pond—even in a water-conserving xeriscape (*left*). Bruce and Gloria Burgener's San Diego pool poses as a hot spring and doubles as a spa.



The mesmerizing movement of water in a waterscape comes courtesy of a concealed electric pump. Instead of a bracing cascade, Carol and Dennis Combs of Portland, Oregon, opted for an engaging trickle (*above*).

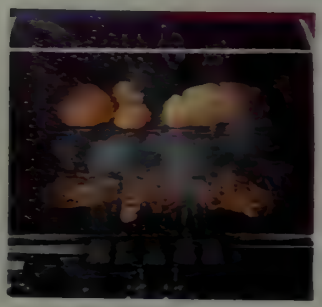
Got a weekend for a waterscape? Only a generation ago, the idea of building a backyard pond and cascade in two days' time was inconceivable because most were made of concrete. Now, pond liners made of flexible butyl rubber or PVC (polyvinyl chloride) sheeting make waterscaping a snap—provided you plan.

Site your pond on a sunny, level spot easily viewed from indoor and outdoor sitting areas. Cascade support can be built with excavated soil. Avoid low-lying, flood-prone niches. Be mindful that rock rims and plants make water features look smaller, so planning bigger is better. And if fountains, babbling brooks, or lighting are part of your fantasy, site for safe access to electricity.

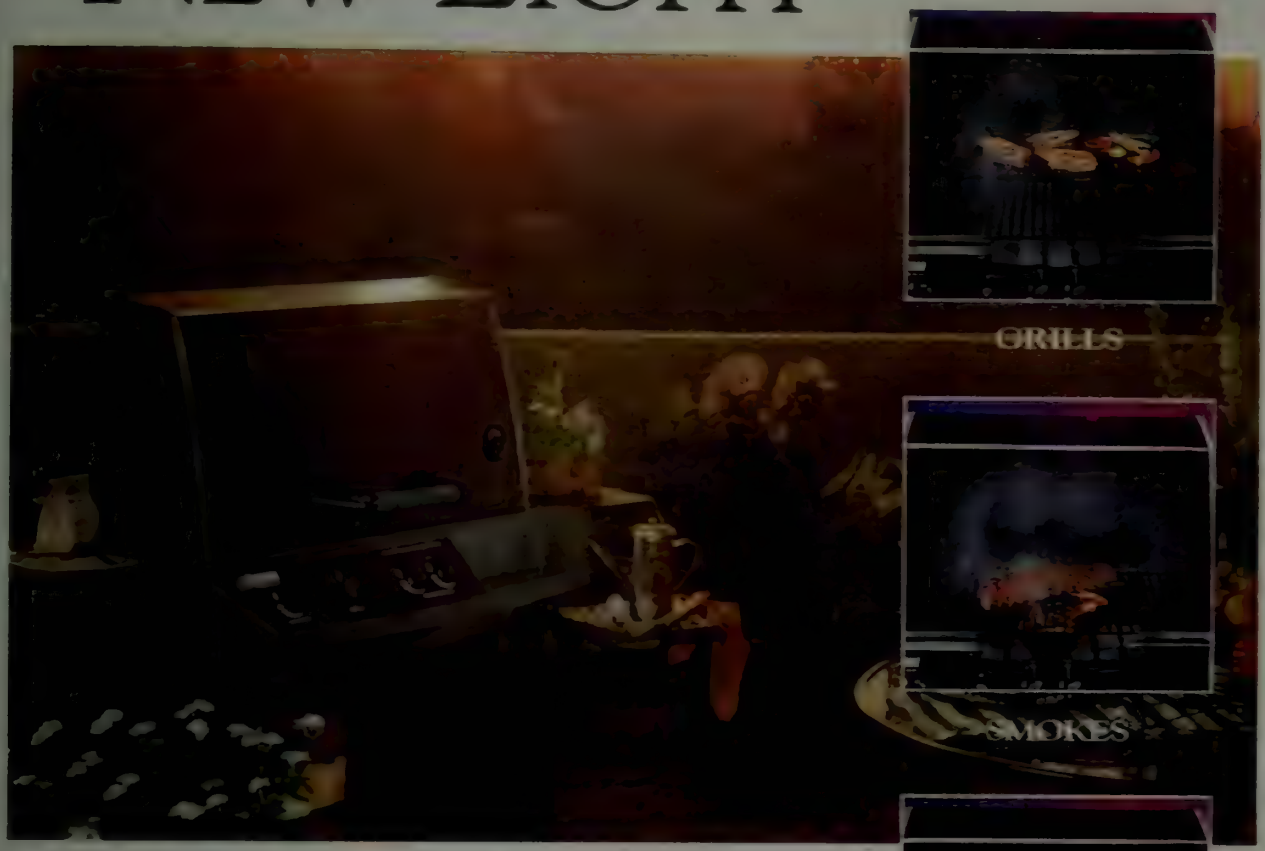
Design for desired activities. Shallow ledges accommodate aquatic plants and wading children, while a sloping beach entices garden birds to bathe. Islands and stepping stones invite exploration. In northern regions, hardy fish can winter in a section three to four feet deep.

continued on page 118

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STEAMS*



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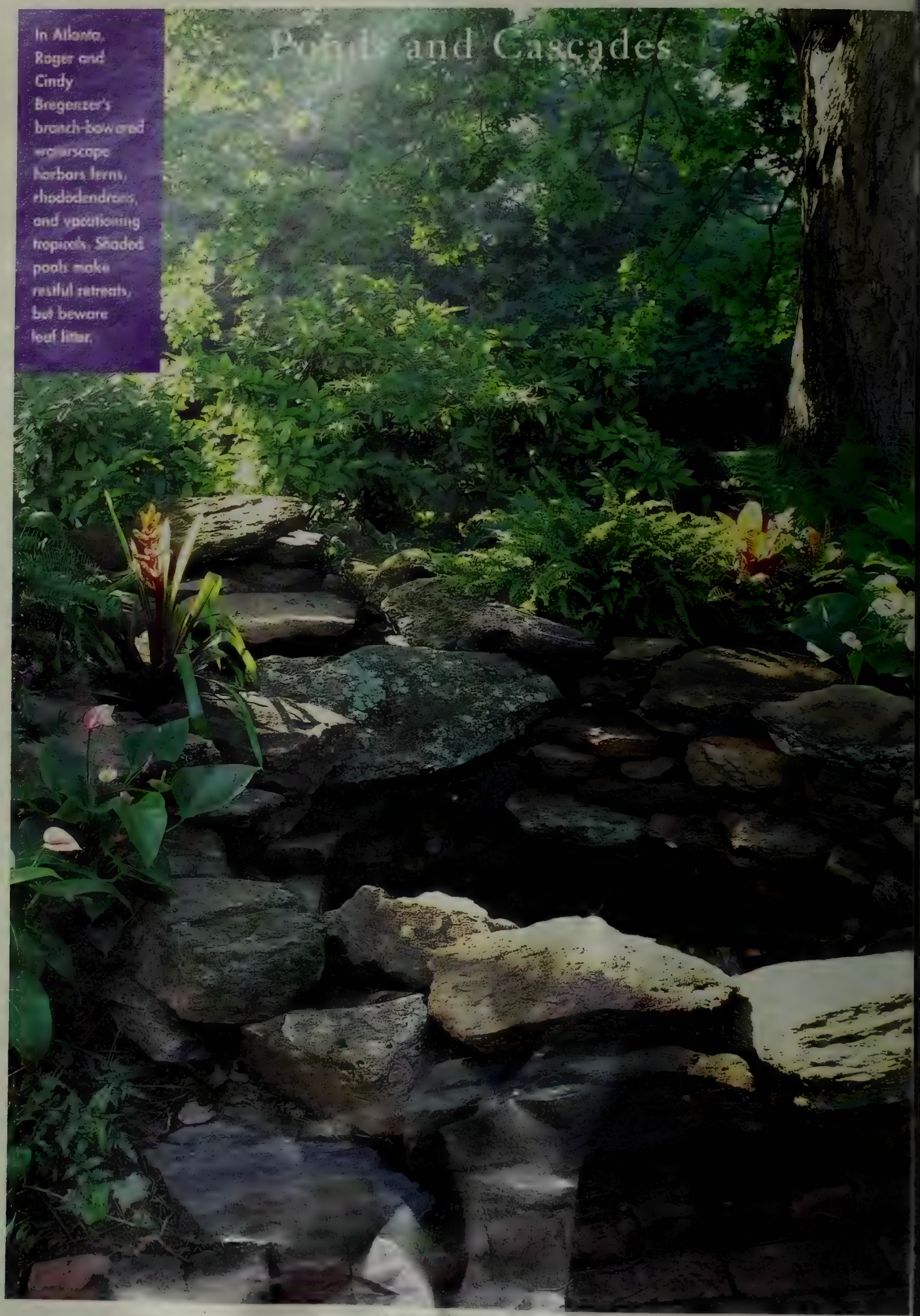
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Pools and Cascades

In Atlanta, Roger and Cindy Bregenzer's branch-bowered waterscape harbors ferns, rhododendrons, and vacationing tropicals. Shaded pools make restful retreats, but beware leaf litter.



continued on page 122


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Special Garden Section

Ponds and Cascades





Nestled on a slight incline, the lined cascade feeding this fern-flanked fish pond and winding watercourse is supported by the Atlanta home's stone foundation. When siting water near a house, be sure leaks and rainwater overflow run downhill and away.

Rock-solid terraces and steps (*above*) on this gentle, uphill slope usher guests to this landscape's heart—a small pond and cascade (*left*) surrounded by multilevel decking. Homeowner Derek Schreck fashioned the waterscape from native stone, a rustic extension of the region's natural scenery.

continued on page 124

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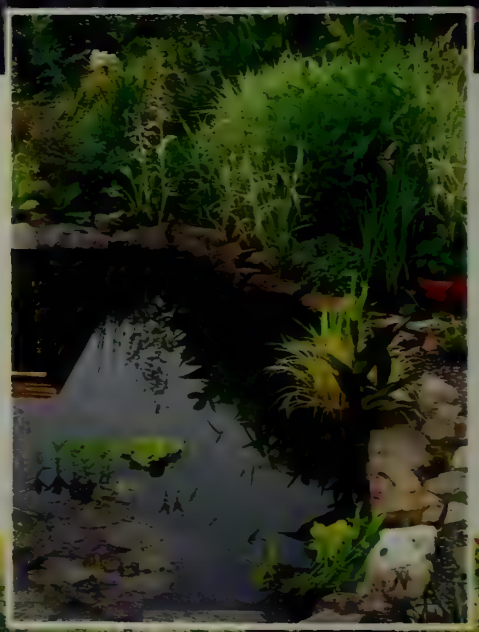
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Ponds and Cascades



Just as houseguests head for the hearth, Valerie Easton's garden guests gravitate toward her pond. Safe, easy pondside access via paths allows visitors to "discover" the waterscape behind a landscaped curtain of purple columbines (*above*) on the lowest tier of Valerie's terraced garden in Lake Forest Park, Washington.



Water-loving plants abound in Valerie's landscape. Her flowering palette is primed to perform in every water garden niche from the pond's shimmering surface to its shallows and boggy banks. Many aquatic plants, including the budding water lily (*left*), need at least a half-day's sun to reach their peak in size and bloom.

Valerie's plantings, reflected on a placid pool's surface (*right*), show how waterside landscaping can be twice as nice. Convenient seating gives visitors a comfy vantage point from which to admire the fruits of her water-gardening labors.

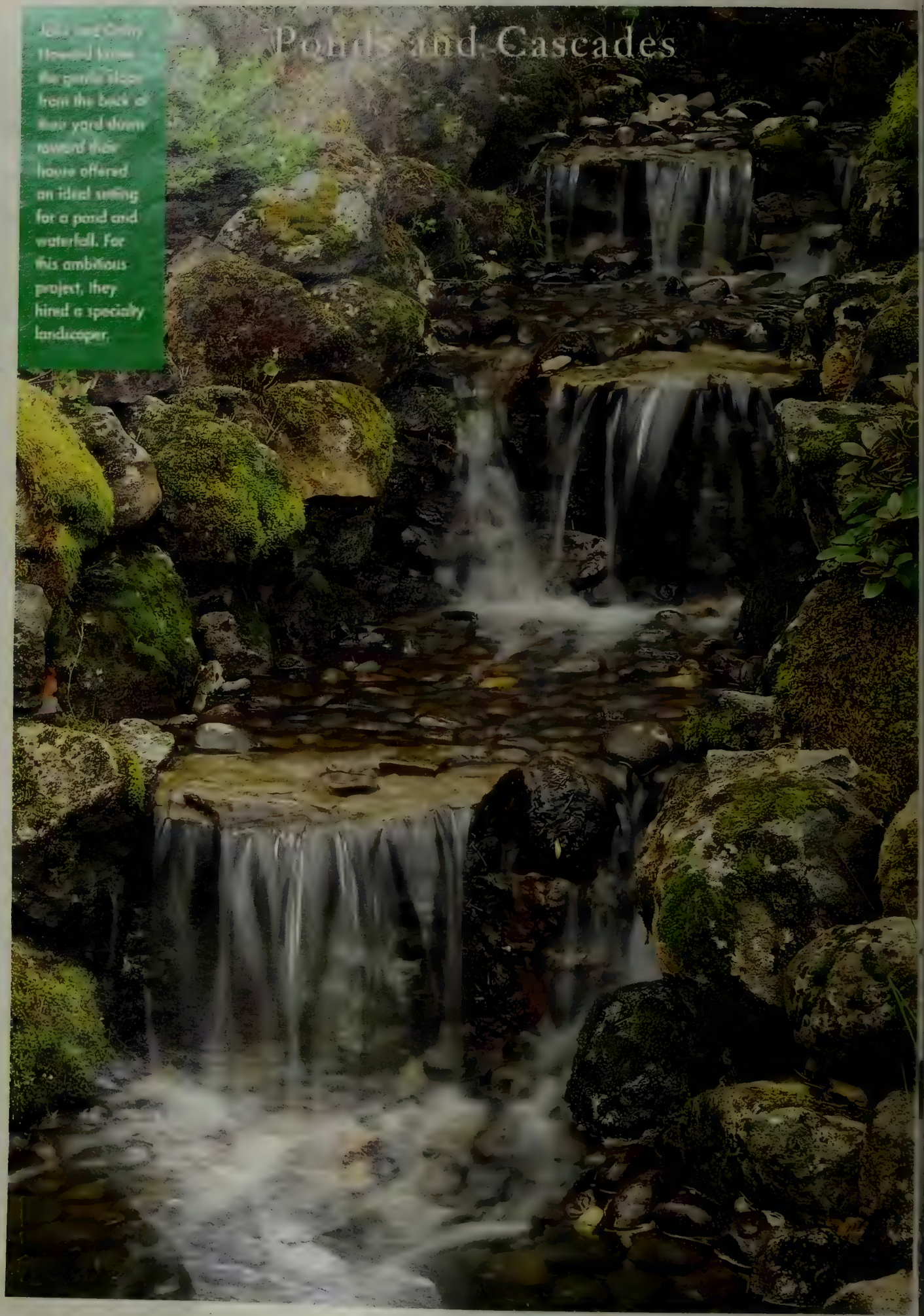


...nued on page 126


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Ponds and Cascades

Jack and Cathy Howard knew the pond's place from the back of their yard down toward their house offered an ideal setting for a pond and waterfall. For this ambitious project, they hired a specialty landscaper.



Continued on page 128

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climb the stairs, climb mountains.
chase the kids,
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make decisions, make a difference.
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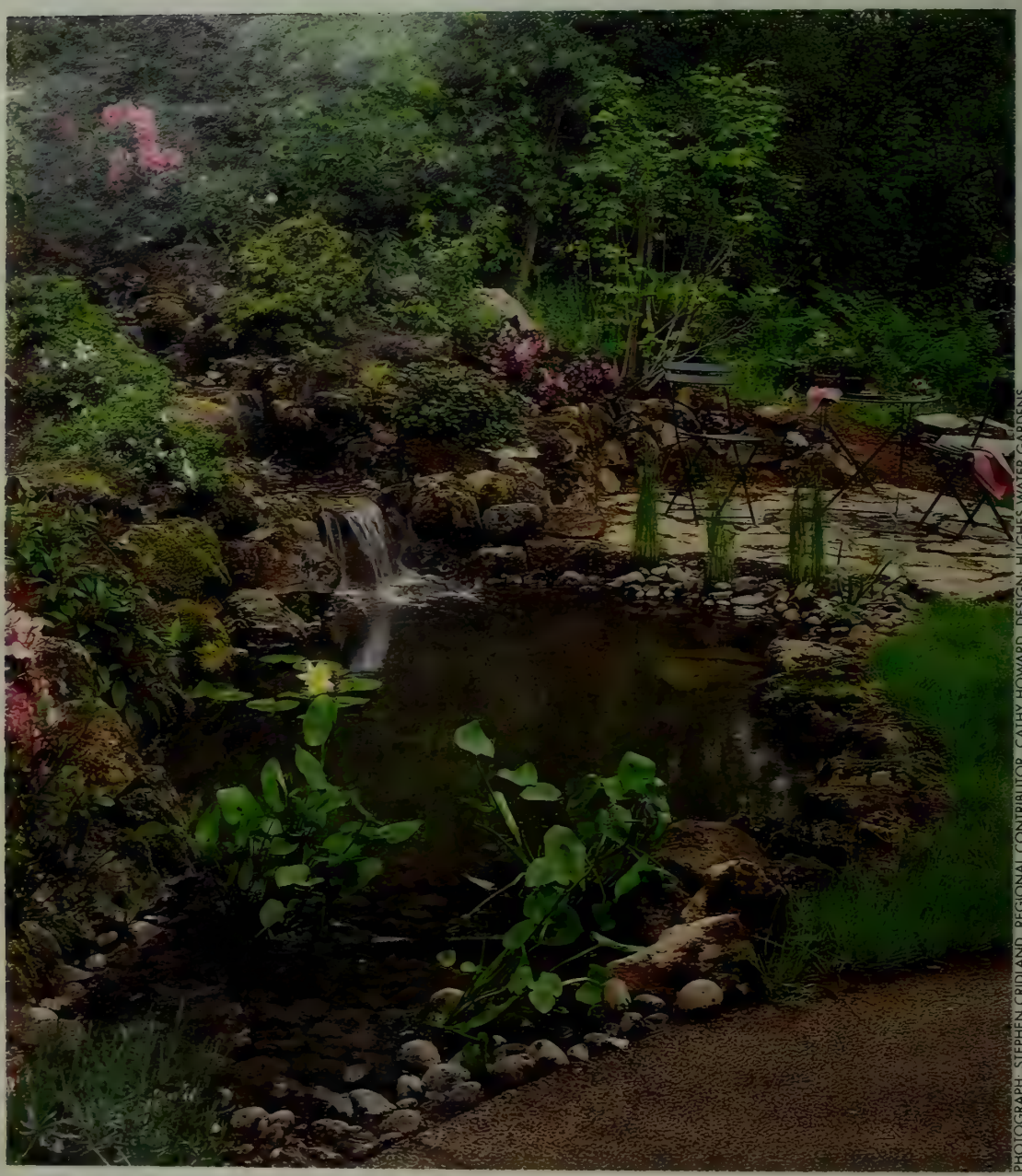
Post



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Ponds and Cascades



PHOTOGRAPH: STEPHEN CRIDLAND. REGIONAL CONTRIBUTOR: CATHY HOWARD. DESIGN: HUGHES WATER GARDENS.

In the Howards' West Linn, Oregon, landscape, water coursing through a cobblestone-lined cascade falls in dramatic drapes over smooth, flat, jutting lip stone. In waterscapes, as in nature, a cascade's energy level depends on its height, slope, and water volume.

FIVE EASY STEPS TO A BACKYARD POND





1. After thoughtful designing and site planning, outline your waterscape's perimeters with flour or lengths of garden hose or rope. A level pond rim is crucial, especially when installing a waterscape on a slope. As you dig, lay a level on top of a long plank extended over the excavation. Check the level at several points. **2.** Check depth consistency regularly by dropping a tape measure down from an extended plank. Pond walls should slope gently inward at about a 20-degree angle.

continued on page 130

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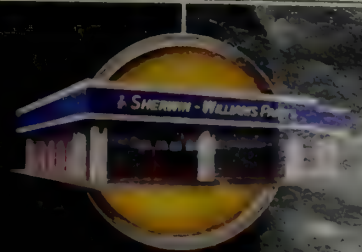
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WHERE TO GET IT.



Special Garden Section

Ponds and Cascades





3. Over a two-inch layer of damp sand, spread a liner large enough to allow a 12-inch overlap around the pond rim. Large waterscapes may require separate liners for the pond and waterfall. Fold the excess liner along curves and corners into large, flat pleats. **4.** The liner along the pond and cascade bottom may be left as is or be protected by a layer of small stones set in a two-inch mortar bed. For added stability, arrange rocks so that they fit together neatly like puzzle pieces. Avoid puncturing the liner, although if you do, it can be mended.



5. Since pond rims invariably invite feet and fannies, it's best to secure edging stones in a mortar bed. Planting mature, blooming plants pondside gives the waterscape a lived-in look. Submerging boulders slightly below water adds a naturalistic touch. And aquatic plants, such as this Texas Dawn water lily, provide the finishing touch.



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outdoor rooms

by Craig Summers Black and William L. Nolan



Candy and Ed Mogor of Seattle fashioned a sitting parlor in their front yard (*below*) with a low but formal fence and a wall of color—roses. "We try to utilize every bit of space," Candy says.

Harrison and Lesley Waite built this redwood and glass windbreak to cut the offshore breezes in Del Mar, California. Their structure now defines a room and frames the view.





PHOTOGRAPH (LEFT) MICHAEL JENSEN REGIONAL CONTRIBUTOR IRISH MAHARAM PHOTOGRAPH (ABOVE) ED GOHLICH REGIONAL CONTRIBUTOR ANDREA CAUGHEY

Just as it takes a heap of livin' to make a house a home, a landscape is not a yard unless you can putter, totter, and fritter around in it. You know: go barefoot, play badminton, have tea, arm-wrestle with the kids, snip a few dew-lapped roses, read, eat, sleep even. If you can't *use* your yard, can't go out there and actually enjoy it, what is the point?

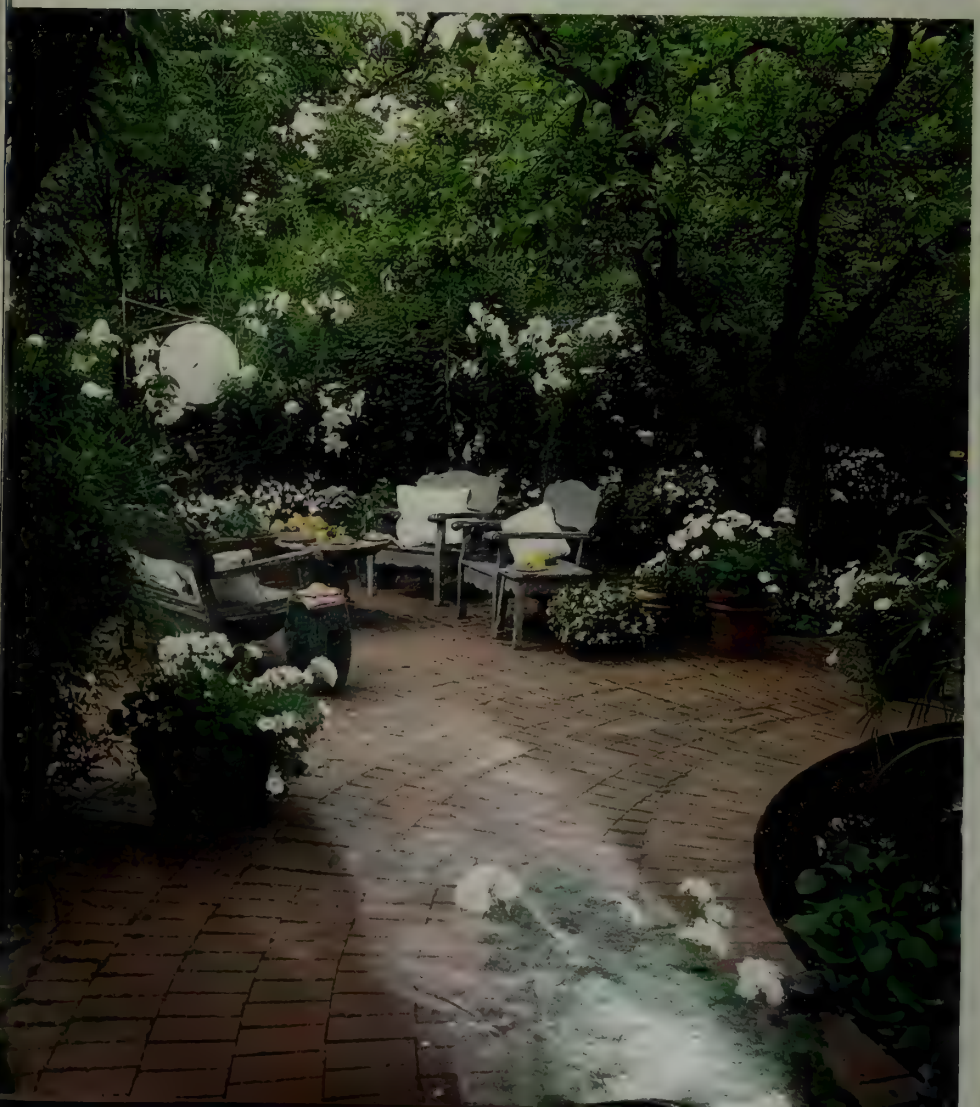
To that end, the easiest way to get maximum returns on your yard is to treat the outdoors as an extension of your house. And just as there is not one all-embracing living space in your home, you probably will not want one monolithic expanse outside. You will want rooms outside your house, just as you do inside.

A few artfully placed shrubs, trees, flower beds, fences, or decks—whatever—and you have sheltered, private rooms reserved for dining, playing, and resting outside. So pull up a lounge chair here, set up the picnic table there, and by all means, stretch out the hammock over yonder.

outdoor rooms

Furniture has an important place in the garden, just as it does in your home. But to get the most use out of a garden chair, it helps to ensure that both its feet and yours do not become mired in the mud. To this end, hard flat surfaces—outdoor floors for your outdoor rooms—can keep your *terra firma* suitably *firma.*

Brick is a traditional favorite for floor material in outdoor rooms. It is durable and colorful, it can be artfully laid out in a multitude of designs, and it keeps furniture on a steady, even keel. Its angularity can be softened with curves in the layout, and its uniformity can be undercut with variation in pattern. Brick also can define an outdoor room in walls and fences, in floating "islands," and in walkways climbing hilly terrain. And for paths? Follow the yellow brick road.





Alan Simmons and Bob Cramer took out a lawn to create this brick terrace and retaining wall (*left*) in their Portland garden. The magnolias were left untouched to provide a cool green canopy.

PHOTOGRAPH (LEFT): STEPHEN CRIDLAND. REGIONAL CONTRIBUTOR: CATHY HOWARD. PHOTOGRAPH (ABOVE): MICHAEL JENSEN. REGIONAL CONTRIBUTOR: TRISH MAHARAM DESIGNER: WILLIAMSON LANDSCAPE ARCHITECTURE.



But a garden room is first and foremost a garden, and nature can easily provide the definition, privacy, and rewards that stonemasons and carpenters must labor to achieve. A statuesque tree can filter a view and allow you a shaded reading room beneath its boughs. A border of flowering shrubs can keep the world at bay and its blossoms up close. A grassy green path can lead you from scented trellis to color-laden arbor. And what is more, unlike a walkway of stone or lumber, a meandering course of grassy green seed heads tickles the toes. And that is what makes the great outdoors great.

To organize her "hodge-podge" of a yard, Renae Harris decided on a courtyard effect. "I wanted color and an artistic approach—a restful place, a retreat from the busy city of Seattle, a small sanctuary."



Hansel-and-Gret
styling on the gabl
roofed gate casts
magic spell as yo
step from one pa
of the garden to th
next. Mossy shake
on the roof fend o
a passing shower c
offer welcom
respite from th
midday sur

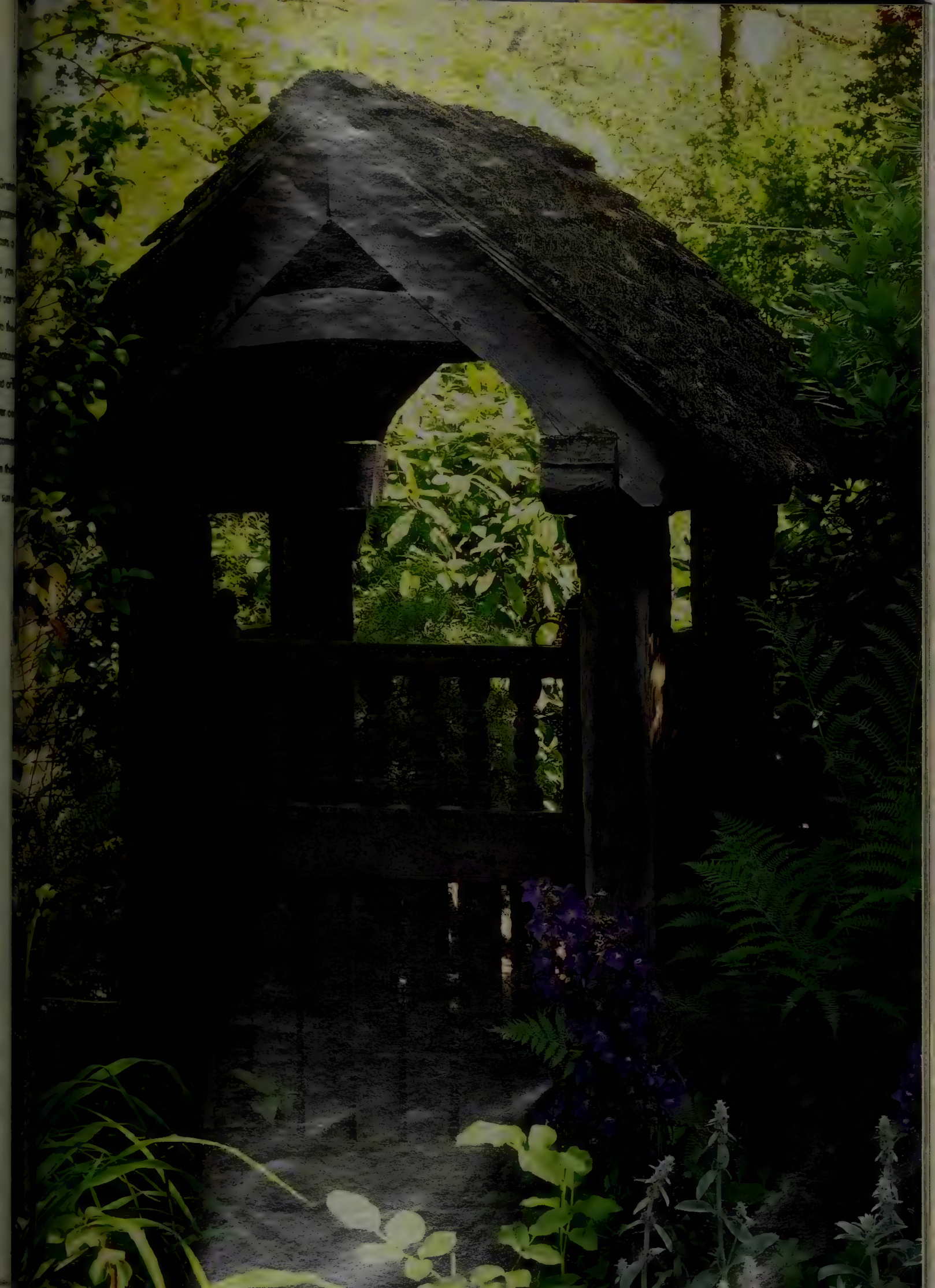


Views of the garden and a nearby pond turn the gazebo (*above*) into a serene hideaway. Sturdy timbers frame the views while offering shelter from showers and a comforting sense of enclosure.

outdoor rooms

They're the stuff of storybooks. But in real life, these two garden structures share a former estate garden in the Pacific Northwest. One is a gable-roofed gate connecting two areas of the garden, but it could be a magical portal leading to Oz. The other is a rustic gazebo overlooking the garden pond—or maybe instead it's Robinson Crusoe's hut on a tropical island. Whatever your fantasy, they're bound to cast a spell and carry you far from the madding crowd even if you're just a few steps from your back door.

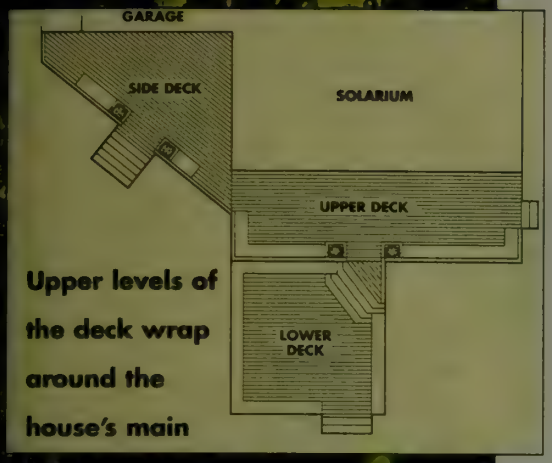
Both structures were erected in the 1920s as part of the estate's original garden design, but you could easily replicate them in an average-size backyard, or rework their basic elements—shapely timbers, intriguing joinery, and an umbrellalike roof—into storybook structures of your own.





outdoor rooms





Upper levels of the deck wrap around the house's main living areas, providing handy spaces for barbecuing and sunbathing. The lower level nestles under a grove of trees.

Cozy enough for quiet chats, the deck's lower level turns into a dance floor when the Joneses throw a party. The decking, benches, and planters are treated hemlock; the skirting is cedar planks.

Oregonians Ralph and Patty Jones (shown *above* with daughter Ashley) love to relax outdoors, and they frequently entertain on a large scale. At one recent gathering, the guest list topped 250. To serve both aims equally well, they added a multilevel deck that stairsteps to the backyard, creating a series of outdoor rooms that feel comfy for one or two or a crowd. Built-in benches take the place of railings, providing ample seating on each level. Benches on the upper level include tall backrests that prevent tumbles where the deck drops off sharply. When not needed for seating, the benches double as plant ledges.

Dividing the deck into several areas and stairstepping them yielded a number of extra benefits. One large deck would have overpowered the rear facade of the house and looked like a giant runway. Smaller decks that follow the slope of the yard merge the house more gracefully with the lawn. Also, a single-level deck would have projected farther out from

Buying information, page 240.

PHOTOGRAPHS: STEVE CRIDLAND. DECK DESIGN: RALPH JONES.



Ralph turned dead space under part of the deck into a handy storage shed for the lawn mower. Cedar planks help the door to the shed blend with the skirting that hides the deck's treated-fir underpinnings.

the house, blocking views of the lawn from ground-floor rooms inside the house. Another bonus: the steps between levels can double as extra seating space.

Ralph built the deck himself in one summer. He also designed and installed a streambed and a grove of trees that tuck into a jog between the upper and lower levels. The trees shade part of the deck, and the streambed provides a soothing serenade of water cascading over pebbles.

Plans to Build This Garden Arbor



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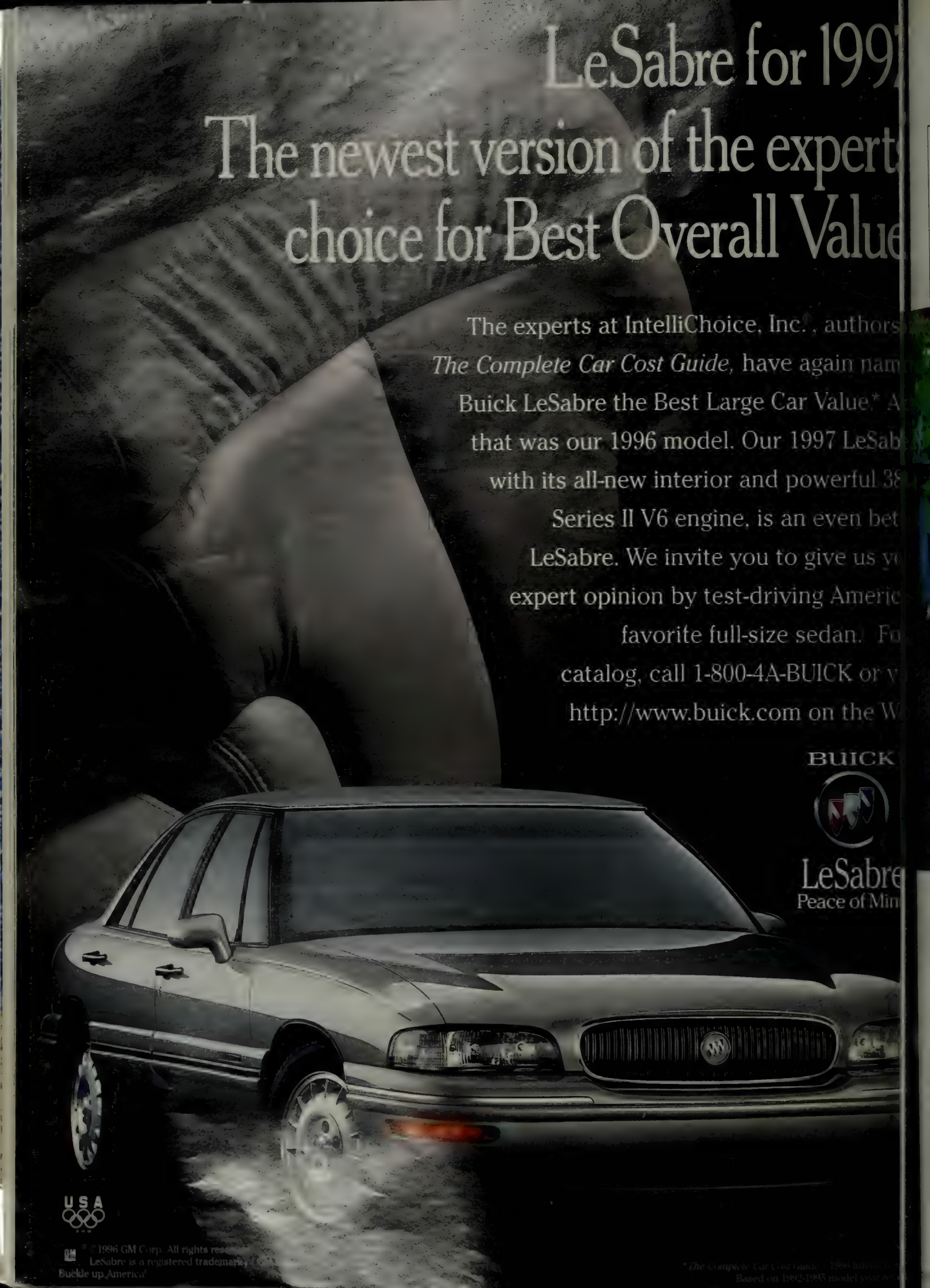
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garden retreat



by Craig Summers Black

A garden is many things to many people, and this means that sometimes a garden is all things to but one person. This is especially the case with the quiet garden. The private garden. The contemplative garden. This is the garden as sanctuary, as refuge, as retreat. Allan and Ellen Juhl fashioned sheltered nooks in their Seattle, Washington, yard to create just such a garden—a place to enjoy a cup of coffee, an undisturbed read, even a dip in the hot tub. All this and not a single solitary act performed under the watchful eyes of passersby. So come take a look at the Juhls' garden. And see what their neighbors cannot.



outdoor living

garden retreat

The Juhls wanted to hear the sound of water while enjoying their garden retreat, but space was limited. The solution: a bubbler box (*left*), its edges softened by soft gray artemisia, lemon thyme, impatiens, hebe, and hostas. The burbling also disguises traffic noise near their corner lot.

A sundial (*right*) stands its silent vigil surrounded by fragrant sweet cicely, astrantia major, Silver Carpet lamb's ears, and purple-leaf ajuga.



garden retreat



"When we first bought the property, the yard was in pretty poor shape," says Ellen. Rather than renovate the existing plantings, they relandscaped altogether.

Designer Rich Edwards of Green Architecture helped the Juhls create the plan. As he explains, "The house is on a slope, and neighbors look down into the yard. The idea was to screen it. The plantings are layered down to allow light but create privacy. And there are things that smell good while you soak in the hot tub."

Subtle fragrances include that of an elegant magnolia grandiflora, hosta sieboldiana, salvia officinalis, artemisia Powis Castle, sweet box (*sarcococca confusa*), and Japanese snowbell (*styrax japonicus*).

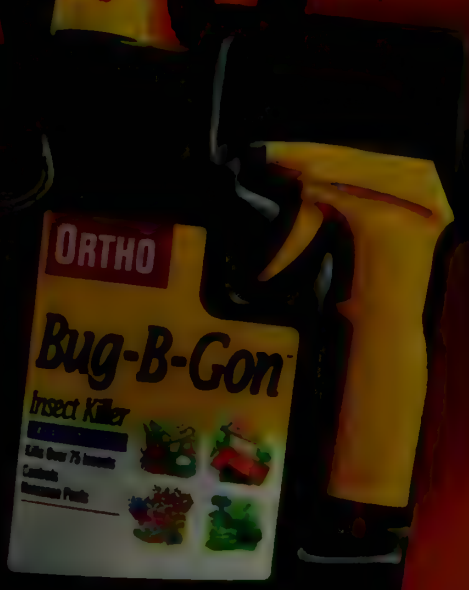
"A lot of the plantings are new to us," says Ellen. "But we love the surprise the garden brings to our lives. And the grandkids love the hot tub." ⌂

This small courtyard garden has entrances from the kitchen and the master bedroom. The Juhls use the hot tub every day, and quite often they breakfast in this quiet retreat.

more information page 238

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perfect
porches



by William L. Nolan

Backyards aren't the only places to entertain alfresco or slip away to savor quiet moments with nature. A comfy front porch makes a great escape, too—and the perfect spot to chat with friends and neighbors. Here are two easy-living porches, one for a house that's practically new, one for a lake cottage more than a century old. Each fits its house so perfectly that it's hard to imagine one without the other.

perfect porches

Wide steps, crisp white railings, and a natural-finish wood floor say, "C'mon up and sit a spell." The flooring and stair treads are pressure-treated fir; the lattice and railing are cedar, stained white.





Paiviki Buchwalter (*left*) still marvels at the transformation she and her husband, Stephen, achieved with the new porch they added to their six-year-old house in upstate New York. Originally a flat-faced two-story with a skimpy front stoop, the house now beckons graciously with a columned veranda that jogs in the middle to make room for a bay-shaped entry bump-out. Lacy lattice skirting and a broad staircase merge the porch with the lawn, and a curving walkway laid with hexagonal concrete pavers gives visitors the "red-carpet" treatment as they approach from the driveway. Not just grand to behold, the porch also earns kudos as an open-air extension of the home's living spaces. "Company now converges on the porch after dinner," says Paiviki, "instead of crowding in the front hall."



outdoor living

perfect porches

Well into its second century, this picture-perfect cottage near Detroit got a much-needed facelift—and a grand new wraparound porch. When owners Gerry Magnell (*below*) and her husband, Tom, bought the property, it was suffering from years of neglect and a series of inept modernizations that obscured the home's 1870s-era charm. "Everyone in the world, including my mother, thought we were crazy," says Gerry.



One of their first projects was to rip off an ugly second-floor sleeping porch on the lake side and jack up the sagging floorboards on the main-floor porch below. Then they added new columns and railings and a broad, shallow-pitched hip roof. To merge the house with its refurbished porch, they installed deep windows and a pair of French doors on the main floo[illegible] graceful arched window upstairs.

PHOTOGRAPHS: BETH SINGER. DESIGNER/BUILDER: GERRY MAGNELL GEOFFREY DESIGNS, INC. REGIONAL CONTRIBUTOR: SUZY FARBMAN

A grand, gallerylike porch stretches 41 feet across the rear of this waterfront cottage near Detroit. Simple, sturdy posts carry the roof, leaving broad bays that offer unobstructed views of the lake.



perfect
porches



Deep windows, tall shutters, and vintage wicker amplify the porch's easy elegance. Upkeep is a breeze, too. The beadboard ceiling is aluminum siding; the windows and shutters are vinyl.

Gerry, a professional builder, worked out the design details and supervised the cor struction. Honoring the home's Carpenter Gothic styling, she restored the distinctiv gable bracing and pointed pinnacle and kept the porch posts and railings simple. At th tops of the posts, she added brackets that look as though an amateur carpenter migh have cut them by hand—as they would have been in the 1870s. Sections of the scallope bargeboards (gable trim boards) were unsalvageable, but Tom fashioned new sectior out of 1×8 redwood with a saber saw.

Stained glass salvaged from a side door eliminated during construction became transom unit over the new French doors. Matching transoms with clear glass unite th doors with the windows. Gerry added pre-formed crown moldings over the window and a fan-shaped lunette above the doors.

Buying information, page 238.

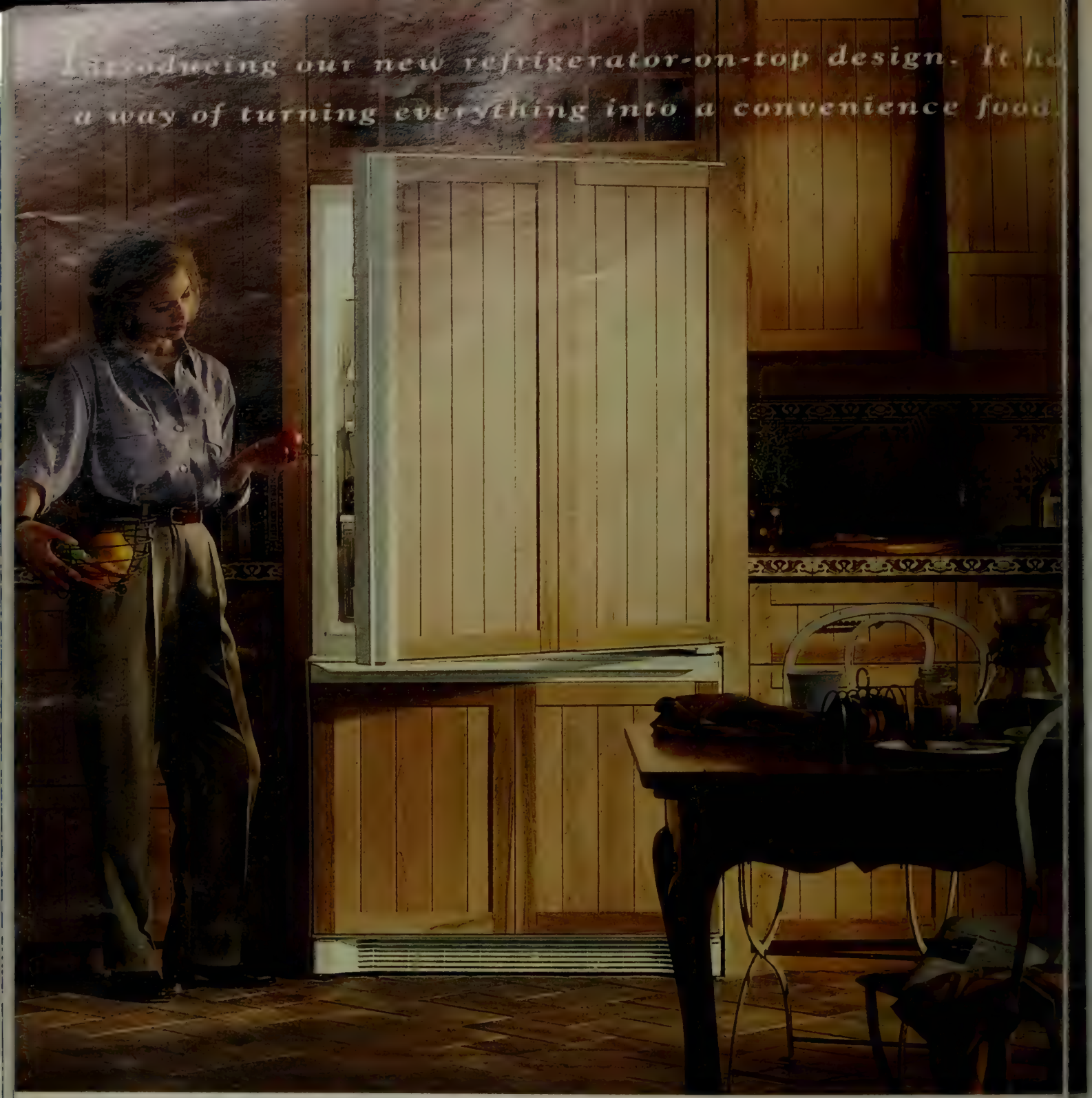
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It's quite simple. Your refrigerator would be a whole lot easier to use if the food inside were easier to reach. That's why Aman newest refrigerator has the fresh food compartment on top, where you need it most. We've even made the freezer secti more convenient, with an ice server and basket that both glide out for easy access. It's rare when something more practi is also more beautiful, but the new Amana fits virtually flush with your cabinets, and can be customized with decorator par for a great built-in look. All this makes it the Ultimate Food Preservation System,™ and it starts at only $1,749. So c 1-800-843-0304 for the Amana dealer nearest you and discover how convenient our refrigerator-on-top design can

M a k i n g A D i f f e r e n c e .

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above it all





Hold a seashell to your ear, and you'll be swept away by the same soothing sounds that surround Juliet and William Hunter (*right*) in their Nantucket Island, Massachusetts, home. With its second-story primary living space offering a crow's nest view of the Atlantic, the Hunters call this an "upside-down house." The couple built their 1,100-square-foot cottage as a full-time home, but the simple design could also make a charming vacation retreat.

by Steve Cooper & Joseph Boehm

PHOTOGRAPHS: HOUSE, WILLIAM STITES; PORTRAITS, JACK WEINHOLD. ARCHITECTURAL DESIGNER: MARK AVERY. BUILDER: KALMAN CONSTRUCTION CO. REGIONAL CONTRIBUTOR: ESTELLE BOND GURALNICK.

above it all

Double-hung windows in the living room were arranged in groups to make the most of those pleasant ocean views. A window seat and bookcase along the fireplace wall create a place to sit and daydream.





Perch upon a seaside bluff, and you'll experience the same serenity the Hunters find in their living room. Modest interior space is maximized by pushing the ceiling up to follow the steep roof pitch and then stretching the room out even more with broad dormers on each side. Juliet, who grew up vacationing on the island, says, "It's wonderful to have one room for entertaining, and it's so cozy when we have the fire going."

The inviting look of the stairwell (*above*) belies its low cost. The price was kept down by constructing the treads from inexpensive fir and keeping handrail design simple.

above it all

Stretch out on a sunny beach, and you may come away as relaxed as the Hunters lounging on their balcony. This snug lookout was designed to take advantage of views encompassing a historic lighthouse, grassy wetlands, and whitecaps. A wall of windows would have captured the same panorama from a living room chair, but at significantly increased cost. The exterior's cedar-shingle siding is not painted—the wood was left bare to fade naturally to a silver gray. The weathered house seems as indigenous in this environment as a piece of driftwood washed ashore.



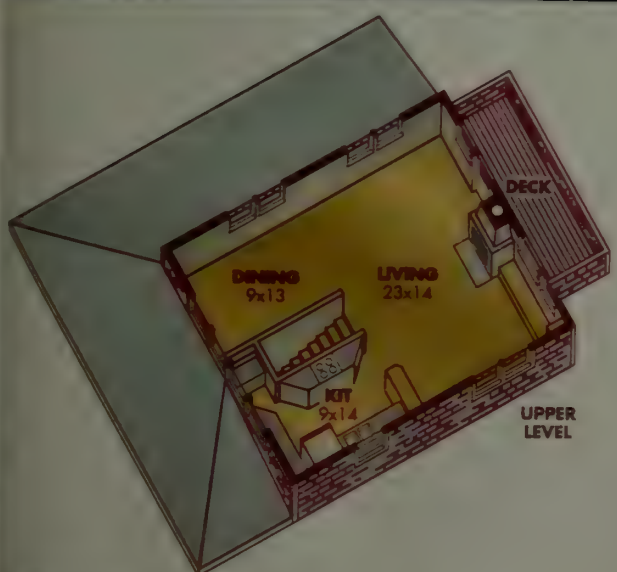
As weather permits, Juliet and William eat weekend breakfasts and dinners on the balcony (*right*).

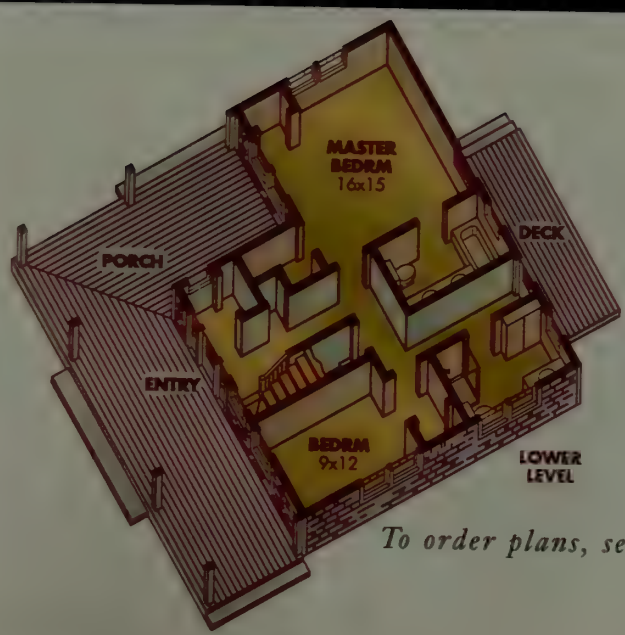
To make the most of limited kitchen space, the cooktop's cabinet (*below*) was built with angled ends. This design opens up an otherwise tight passageway.



The Hunters squeezed a lot of house into their efficient cottage plc (*right*). The master bedroom has its ow bath and walk-in closet on the first floor. The public space upstairs is really one big room with a balcony.







To order plans, see page 164.

above it all



A partially vaulted ceiling gives the master bedroom (*left*) a spacious ambience. The bed was designed by Nantucket artisan Stephen Swift.

Even on brisk days, Juliet and William (*below*) enjoy being pedal pushers.

Buying information, page 240.



Bury yourself in the sand, and you still won't be as snug as the Hunters are in their cottage-by-the-sea. Juliet and William didn't mind building a small house because the design was planned for easy expansion—with construction on a major addition set to begin this year. It's an easily duplicated plan that keeps the frills simple and rooms bright and has a Cape Cod style that never goes out of fashion.

Home Plans To Buy

You can purchase complete blueprints to build the home shown in this feature. If you do not wish to purchase complete plans at this time but are interested in more information, we suggest the Study Plan.

Please note: *The construction drawings for this home have been modified slightly to meet recent national building code updates regarding stair configuration. These modifications were discusseed with and approved by the designer. The changes involved adding two feet to the overall depth of the house increasing the total square [illegible] from the 1,168 square feet shown in the drawings on [illegible] square foot was added to the foyer, bedroom two, the dining room and the [illegible]*

STUDY PLAN

The eight-page Study Plan booklet includes all four elevations, kitchen and bath cabinet elevations, floor plan diagrams including room dimensions, and general information about the home. [illegible] Study Plan [illegible] for construction, it will be a valuable aid in [illegible] making inquiries with a builder.

COMPLETE BLUEPRINTS

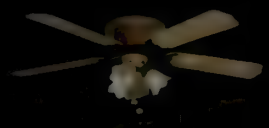
All *Better Homes and Gardens*® Home Plans include a materials list for easy estimating, complete drawings (including elevations), foundation plans showing structural support and type of materials used, floor plans, stairway details, roof plan details, and kitchen and bathroom cabinet details.

PLAN AHEAD AND SAVE

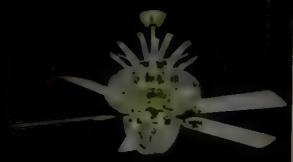
The cost per plan is significantly less when you purchase the Contractor's Pack or the Home Builder's Pack. These multi-plan sets provide copies for your lender and all your subcontractors. The Study Plan costs $35.00; an Individual Plan costs $225.00; the Contractor's Pack of 5 plans costs $300.00; the Home Builder's Pack of 8 plans costs $380.00; and additional sets cost $50.00 each. All prices include handling, regular shipping by UPS ground service, and applicable sales tax. Rush delivery is available at an additional charge.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. Please be ready to tell our operators the type of plans you desire (Study Plan or Blueprints) and the number of plans you wish to purchase.





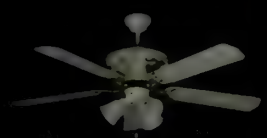
Vineyard



Glacier



Callaway



Harvest



Lattice

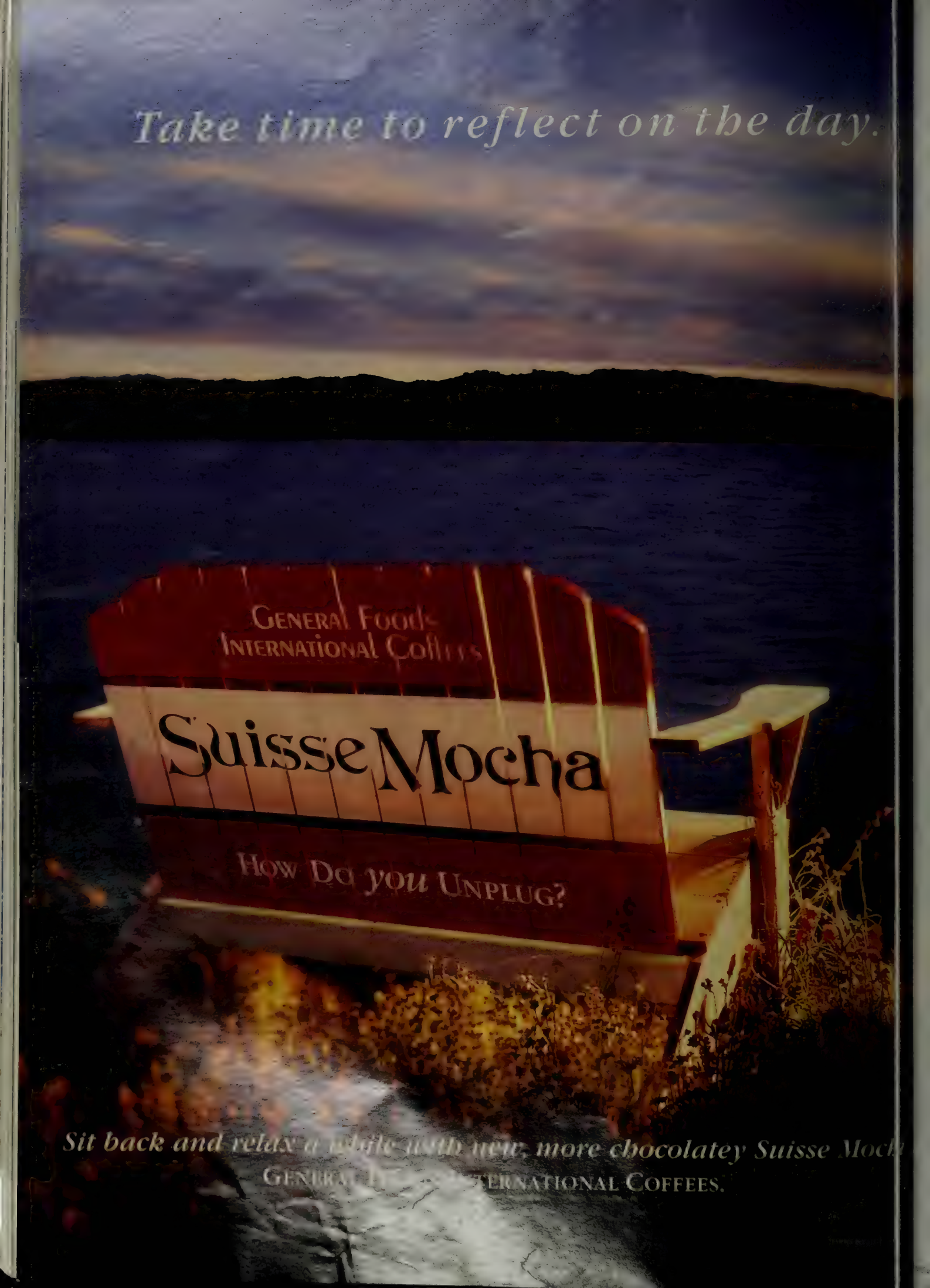


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summer camp Style

Leave your preconceptions about log houses at the friendly front door of the Shapiro place. No one here bunks with moose heads or fishing creels. In this Michigan home, log cabin decorating has grown up. Let it counsel you about a style that is simple but sophisticated, sincere but lighthearted, functional but downright fun.

by Sandra S. Soria



summer camp *Style*



"When we bought it, the house looked like a giant sauna with a couple of windows."

—Berta Shapiro, homeowner

This kit-built log house sat vacant for months, until Chicago designer Berta Shapiro walked into its dark, boxy interiors and saw the light—or at least where the light could be. "It was crying out with possibilities," she says. She helped a huge blank wall in the living room realize its potential by adding a gracefully arched fieldstone hearth and flanking it with French doors, their formality eased by a natural pine finish.

Prominent architecture and lofty vaulted ceilings demand large-scale furnishings. Here, collectible birdhouses, sink-in seating, and boldly patterned fabrics perform the visual balancing act. In a flannel-shirt palette, the accent fabrics ensure that sophisticated white slipcovers—chosen to leaven all the wood—don't look overdressed or become a big, white blur. Sturdy, stainproofed canvas creates upholstery covers that live as hard as the plaids and tweeds more common to cabin culture.



summer camp *Style*



"The house lived like a suburban two-story, so we opened it up to the outdoors."

—John Morris, architect

For efficient remodeling, Berta, with the help of Chicago architect John Morris, worked with existing spaces and gave them not only new light, but in some cases a new life. Formerly a garage and driveway, the family room and screened porch now encourage friends and family, including Berta's grown children, to "park it" in a relaxing mix of outdoor furniture.

The family room inspires decorating that is born of creativity rather than cash. A wood stove delivers an instant focal point as well as warmth. It anchors a seating group of upholstery and rattan that gets an instant lift with pretty fabrics that are tied or tossed on.

Beyond these French doors, a screened porch (*above*) offers indoor comforts with classic, cushion-plumped garden furniture and lamplight. Natural accents and subdued paint finishes don't compete visually with the lush outdoors.

"With a brush and a can of white paint, you can erase a lot of design mistakes."

—Berta Shapiro

When she purchased the home, Berta was fresh from a trip to Europe, and she envisioned a style that weds the cozy livability of an Adirondacks cabin with the charming simplicity of a Swiss mountain lodge. While in Switzerland, she was struck by images of plain brown houses that were dramatically, but easily, transformed. "It struck me that the right simple touches—window boxes brimming with geraniums and colored shutters—add instant life," she says. She brought that point home with potted ivy plants trained to meander around a bank of windows, softening the architecture and linking the room to the woodsy view.

Also taken with the Scandinavian sensibility of bringing light into rooms with lightly hued paint, Berta boldly painted wood in the dining room. The home of famous Swedish artist Karl Larsson served up the inspiration for the dining room's style, with its painted Gustavian-style chairs dressed in kicky skirts, a warm pool of light provided by a lamp on the table, and crisp, classic blue-and-white fabrics. A worn green armchair adds a touch of contrast and places personality over period perfection.





summer camp *Style*

summer camp *Style*



Leaving no detail unturned, Berta handpicked the fireplace stones. "I wanted it to be monochromatic," she says. "It's so massive, even subtle color would jump off the wall." Perk up neutrals with midrange blues and reds for style that's rich and warm, not dull and dreary.





You don't need knotty pine and big beams to achieve cozy style. Think of every corner as a steps-away getaway and give it the comforts of a favorite inn—feet-up seating and arm's length reading.

Speed up the "lived-in look" with fabrics that blend, but don't match. Mixable geometrics help Berta separate busier, overall patterns; their gutsiness balances the heavy wood.

White paint can clear the way to lighter, brighter rooms. Afraid to paint paneling? Test the look by buying a section of inexpensive paneling. Paint it and lean it against your wall.



"Everything doesn't have to match. In fact, it's better if things don't."

—Berta Shapiro

Better *by* Design

Home Improvement Contest Winner



Stories that are identified with the *Home Improvement Contest* designation are winners in the Outdoor Improvement category of the 1996 *Better Homes and Gardens* Home Improvement Contest, held every other year in conjunction with the National Association of Home Builders Remodelors® Council.

It's summer and time to get into the swim of things. So swing those doors open and join us as we dive into a collection of pools and patios that are sure to "wet" your appetite for new ideas in outdoor living.

by Lorna Manford

In redesigning the Plymouth Grand Voyager, we literally reinvented the wheel. A[nd] the seats they're part of. Our new Easy Out Roller Seats™ now glide  on ny[lon] wheels, making rear benches a cinch to move. Two levers release a seat and raise [it] up on wheels in a single move. Then just roll it back, lift it out and roll it away. You wo[n't] find this capability in any other minivan. But our seats don't sit down there. Depend[ing]

Our new roll models.



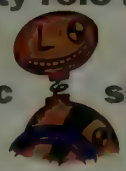
on which seating package you choose, both rear and middle bench seatbacks now f[old] flat,* allowing you to carry a 4′ x 8′ sheet of plywood with the seats in place and t[he] liftgate  closed. And, thanks to a second sliding door on the driver's s[ide] (the only one of its kind available today), getting to and from those seats is easi[er] than ever. Loading and unloading cargo is easier too. Simply put, the new Plymou[th]

*Excludes base models. †Always wear your seat belt.

Grand Voyager is the next generation of the minivan.



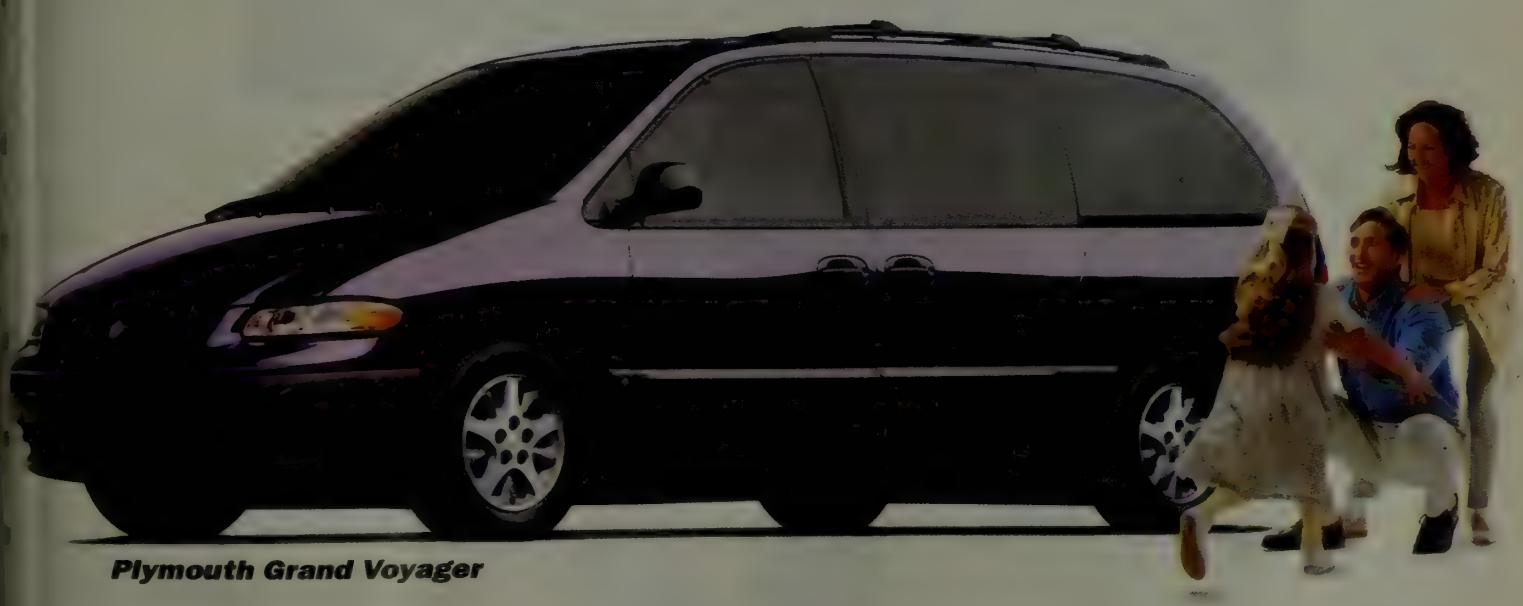
Outside, it's aerodynamically streamlined. While inside, volume has been increased, giving you 11 percent more passenger and 27 percent more cargo space, more than in any other minivan. Under the hood, Grand Voyager's available 3.3 liter engine is generous with cargo-hauling and load-pulling torque. And, of course, we've maintained our position as safety role models with standard dual front air bags,† four-wheel anti-lock brakes,* dynamic side-impact protection and available dual integrated child safety seats.



Plymouth Grand Voyager is a minivan full of firsts, bests, exclusives and roll models. Hey, the competition has to have somebody to look up to. For more information, see your local Chrysler and Plymouth dealer, call 1-800-PLYMOUTH, or visit Plymouth Place™ on the Internet's World Wide Web at http://www.plymouthcars.com.



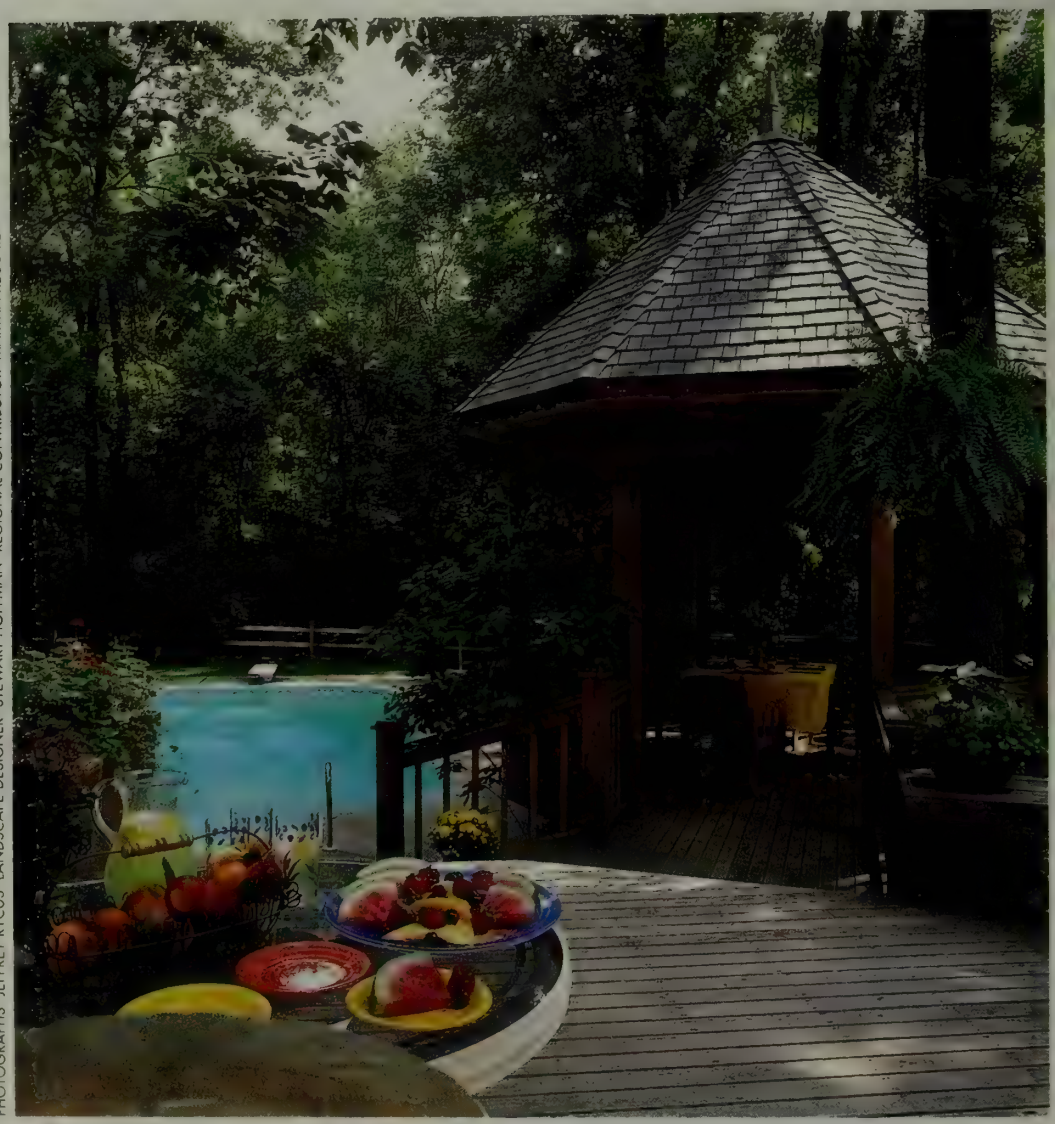
One clever idea after another. That's Plymouth.



Plymouth Grand Voyager

Home Improvement Contest Winner

Everything Under the Sun



PHOTOGRAPHS JEFFREY RYCUS LANDSCAPE DESIGNER STEWART HOFFMAN REGIONAL CONTRIBUTOR MARTHA RECCHIE

Overlooking the pool, the gazebo serves as an extension of the deck; together they provide ample space for seating and eating. In between, there are extra-wide steps for additional seating when gatherings grow larger.

Jackie and Mike Ellerbusch of Cincinnati, Ohio, spruced up their backyard with a deck addition that includes a pool, spa, and gazebo.

She wanted a spa, he wanted a pool, and both Jackie and Mike wanted a place to entertain their friends and enjoy large family gatherings. "Our deck was small, but we used it extensively, while our backyard was large and little used," says Jackie. The couple traded some lawn for living space and built a large deck with a spa, pool, and gazebo. Now they have it all. "We have created a resort in our own backyard," says Jackie.

continued on page Z6



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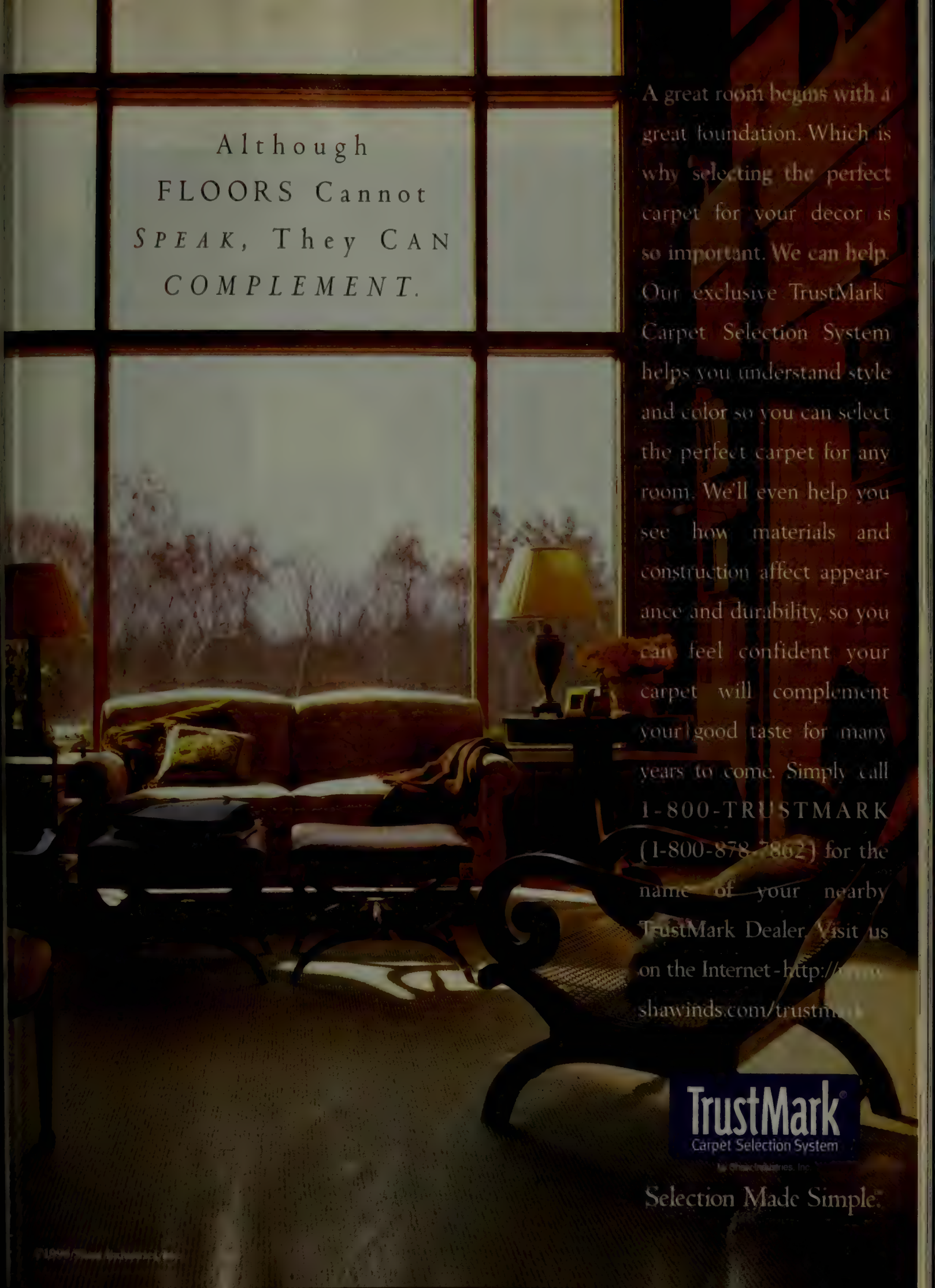
The large deck reaches into the backyard, but it doesn't compromise the grass or gardens. More than 20 ash trees create cover over much of the deck and lawn, so the couple can enjoy gardening in the shade.

Jackie and Mike (*below*) enjoy spending time with their grandson, Sean. When they're not swimming or relaxing spa-side, Jackie teaches Sean about everything from geraniums and junipers to daffodils and day-lilies. She hopes to introduce him to the same love of nature she has come to know.



To ensure that the new addition would harmonize with its woodsy environment, the couple chose natural materials and finishes. The expansive redwood deck and copper-capped gazebo connect the home—both literally and architecturally—to each of the new outdoor living spaces. Well-placed planters and flower boxes add further continuity. Together the pool, spa, deck, and gazebo work with one another to unify the entire addition.

continued on page Z8

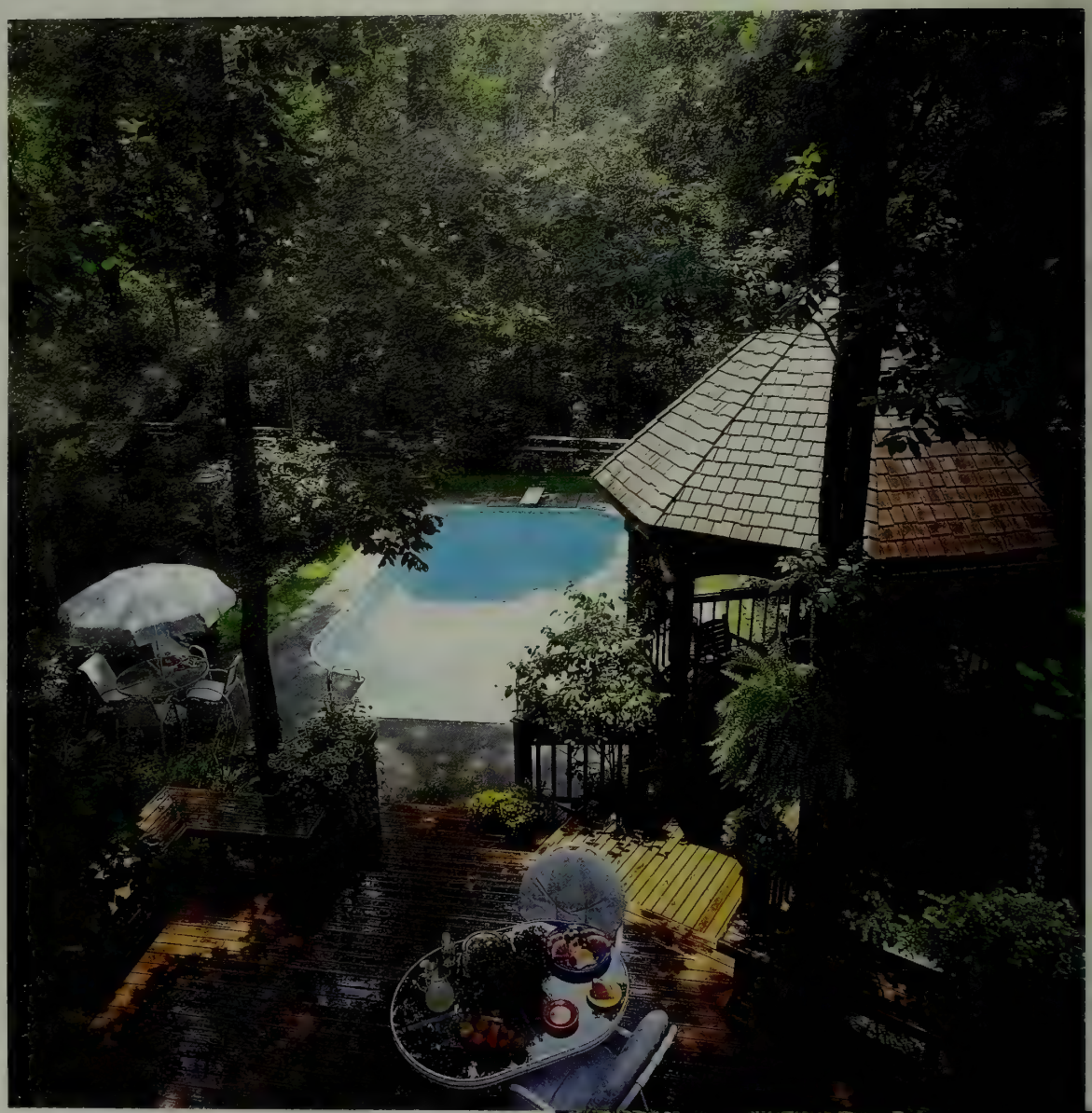


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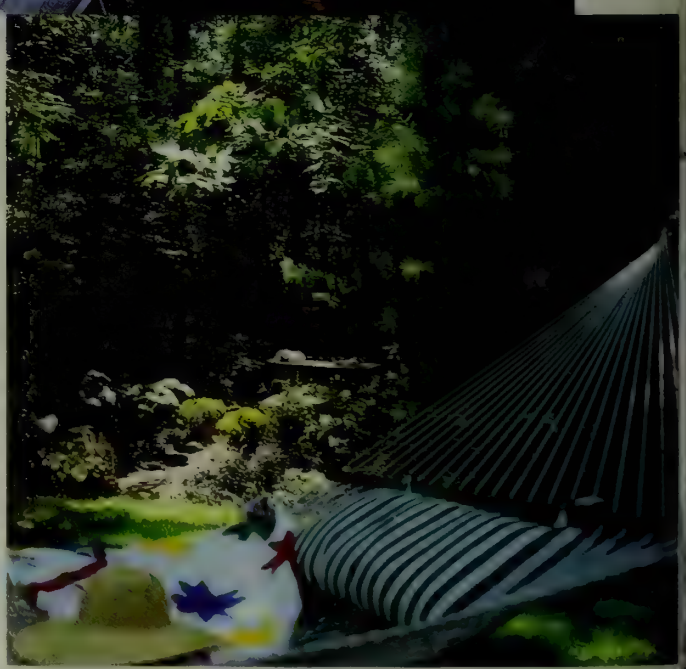
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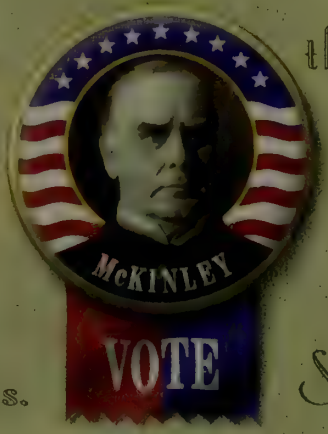


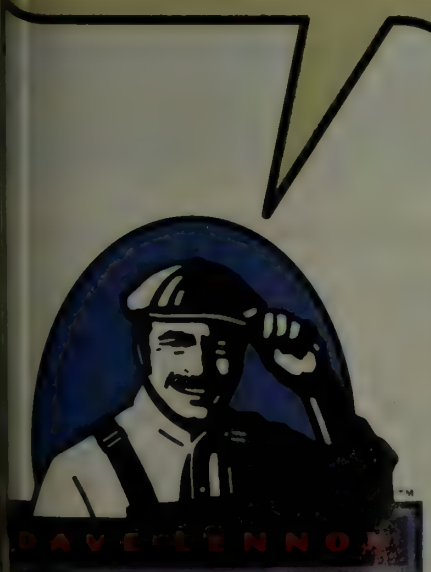
Nestled comfortably in their backyard, Jackie and Mike's deck addition is designed to make the most of its wooded surroundings. Because the benches around the deck are backless, they do not obstruct views of the woods and the wildlife. A variety of blooming flowers adds exciting splashes of color to give the deck cheer.



Tiger the cat (*background, right*) may like stretching out in a patch of sunlight, but if snoozing in the shade is more to your liking, kick back on the hammock and doze off beneath a canopy of trees. If you stay until sundown, just snuggle up with one of Jackie's homemade quilts.

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Home Improvement Contest Winner



PHOTOGRAPHS: RICK TAYLOR.

Pooling Their Resources

After having a swimming pool installed at their Jasper, Alabama, home, the Tate family took on a large-scale, do-it-yourself project: converting a tractor barn into an amenity-filled pool house.



Soggy swimmers no longer have to tromp through the Tate home when it's time to change out of their dripping-wet suits. Now, thanks to the teamwork of Gaye and Randy Tate, along with help from Gaye's father, Billy, they can change in a private pool house. Before contractors showed up to install the pool, the structure was nothing but an old tractor barn better suited for storage than recreation. But after the pool was installed, the family took on a major project. With plenty of sweat and TLC, they gave the old barn a new look—and a new function. Today, it has a bathroom and recreation room, along with a lofted sitting room where family members and friends can look out over the pool through a large, half-circle window.



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Better by Design

Home Improvement Contest Winner

Oriental Expressions

You don't have to be a world traveler to appreciate the splendors of other cultures. In fact, Diana Chaloupka of Gurnee, Illinois, doesn't even have to leave her backyard.



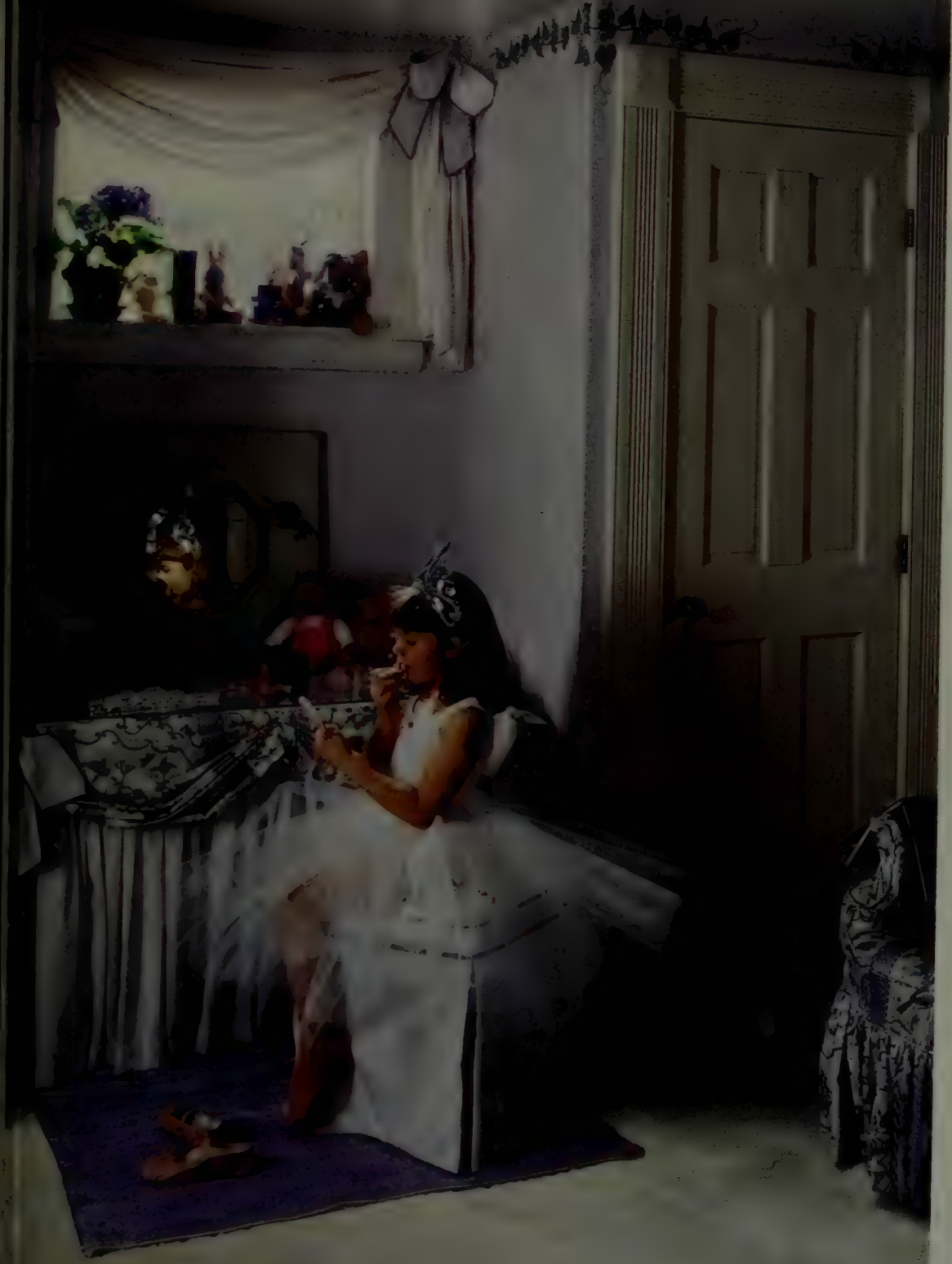
PHOTOGRAPHS: JIM HEDRICH, REGIONAL CONTRIBUTORS; SALLY MAUER AND HILARY ROSE, WITH STYLE

Shoji screens are usually made of rice paper, but because of the harsh Illinois winters, Diane and Jim used opaque, milk-colored acrylic material that can withstand Midwestern winds and sub-zero temperatures.

As a teacher of English as a second language, Diana Chaloupka is influenced by the cultures of many countries. But she's most fascinated by Asia. So, with inspiration from Japanese architecture (and a little help from her son-in-law Peter, and her husband, Jim) she designed and built this unique backyard pavilion. "It has become my little refuge. A great place to get my thoughts together in the morning before I start the day."



Tucked away in their tree-lined backyard, the all-cedar pavilion is visible from the couple's kitchen window so they can appreciate it year-round. "We enjoy it whether we are inside it or looking out to it," says Diana.



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Wilsonart® Flooring

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Home Improvement Contest Winner



PHOTOGRAPHS: TOM MCWILLIAMS. REGIONAL CONTRIBUTOR: CYNTHIA DOGGETT.

Land Transformation

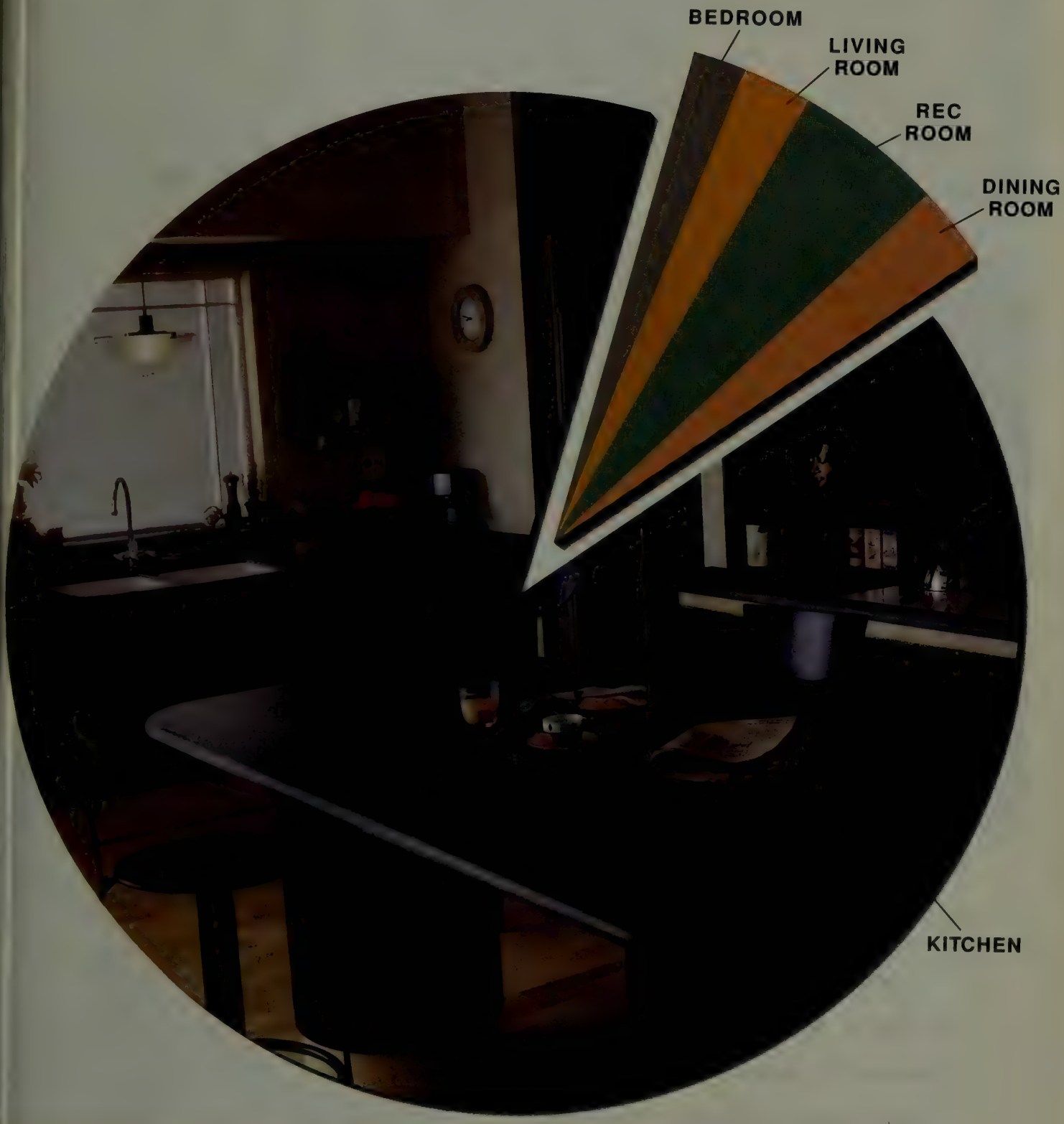
A two-and-a-half-acre plot of land surrounded by mature trees lured Dottie and Ron Tobia out to the country. There, they built an outdoor living space that a house in the city could never offer.



The patio landscaping swims with color. Shasta daisies, pink petunias, and dragonhead all bloom in late summer.

After moving out to the country and remodeling an old farmhouse, Dottie and Ron decided to transform the surrounding area by adding a pool and spa. The unkempt grassy lot became a glorious outdoor living space. The couple chose pattern-stamped concrete for the deck surface to give it a stone-like look that has the natural feel of the pool's free-flowing curves. Special concrete construction techniques were used for the pool surface as well. Although white-bottomed pools are most common, crushed black marble was mixed with the concrete to give the pool a dark color. This dark surface makes the water look deep and blue but also absorbs heat—keeping the pool warm and extending the swimming season by as much as two weeks.

PERCENTAGE OF WAKING HOURS SPENT IN VARIOUS HOUSEHOLD ROOMS



ou're like most, then your kitchen is really your "living n," and what better reason to go the extra mile with the ry of Surell® solid surfacing material. Presenting Surell the kitchen experts at Formica Corporation. Available in ide range of colors and patterns, it adds both elegance durability to any kitchen. And because its beauty goes all the way through, Surell can be shaped to create virtually seamless counters and sinks, and makes practically any repair wonderfully possible. For more information about Surell solid surfacing material and its 10-year warranty, call 1-800-FORMICA.

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Home Improvement Contest Winner

Sylvan Serenity

Faith Tolchin had always envisioned a soothing Japanese garden in the backyard of her La Mesa, California, home. After a 20-year wait, she has created just that.



The pool deck was installed by fastening 4×6 pressure-treated beams to the existing concrete surface, then securing the redwood deck. Each beam was individually scribed to fit the slope of the concrete deck.

"I wanted my backyard to look as though you were taking a walk in Japan and happened upon this wonderful garden by a stream," says Faith Tolchin of her pool and patio redesign. To achieve this, she enlisted the help of local carpenters and landscape architects with expertise in Japanese style. Together, they came up with the design for the restful haven she'd long dreamed of having. A redwood deck was installed over the existing concrete to create a comfortable walking surface and to help the patio blend with the wooded sur-

continued on page Z18



Inset with a bamboo-like panel, the fretwork in this redwood gate is accented by agapanthus. A strap and special Oriental knot were used to tie the fence together.





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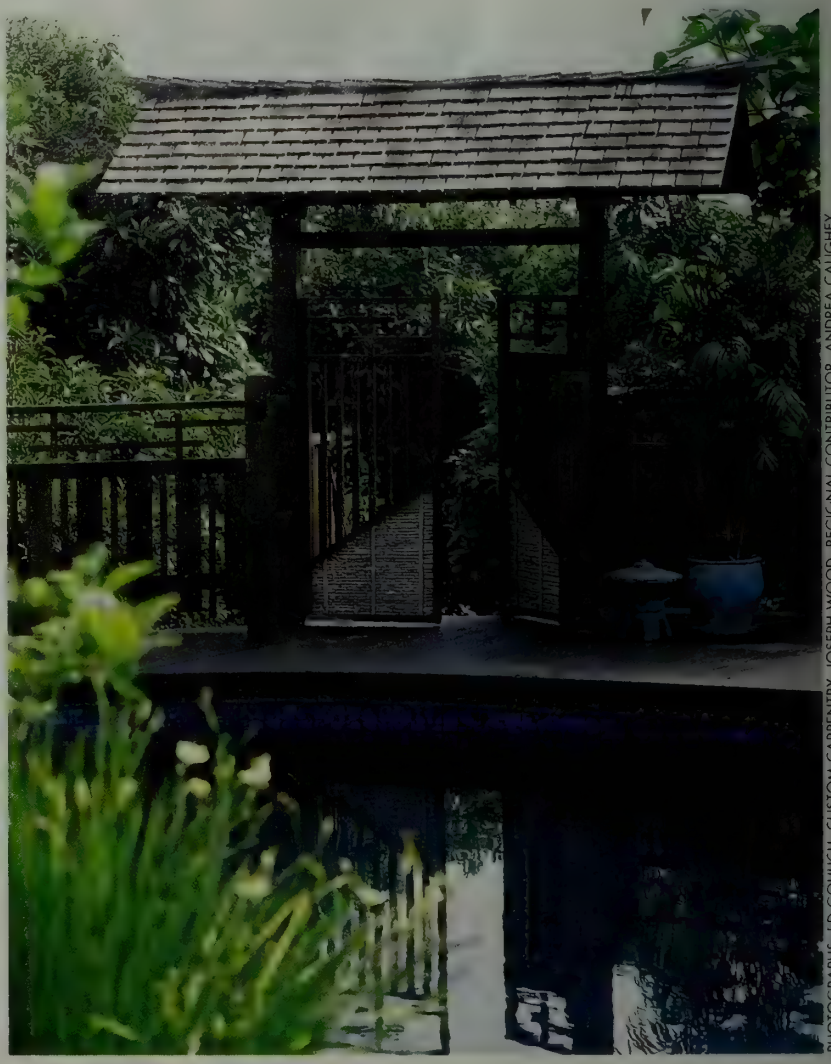
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Better by Design

continued from page Z16

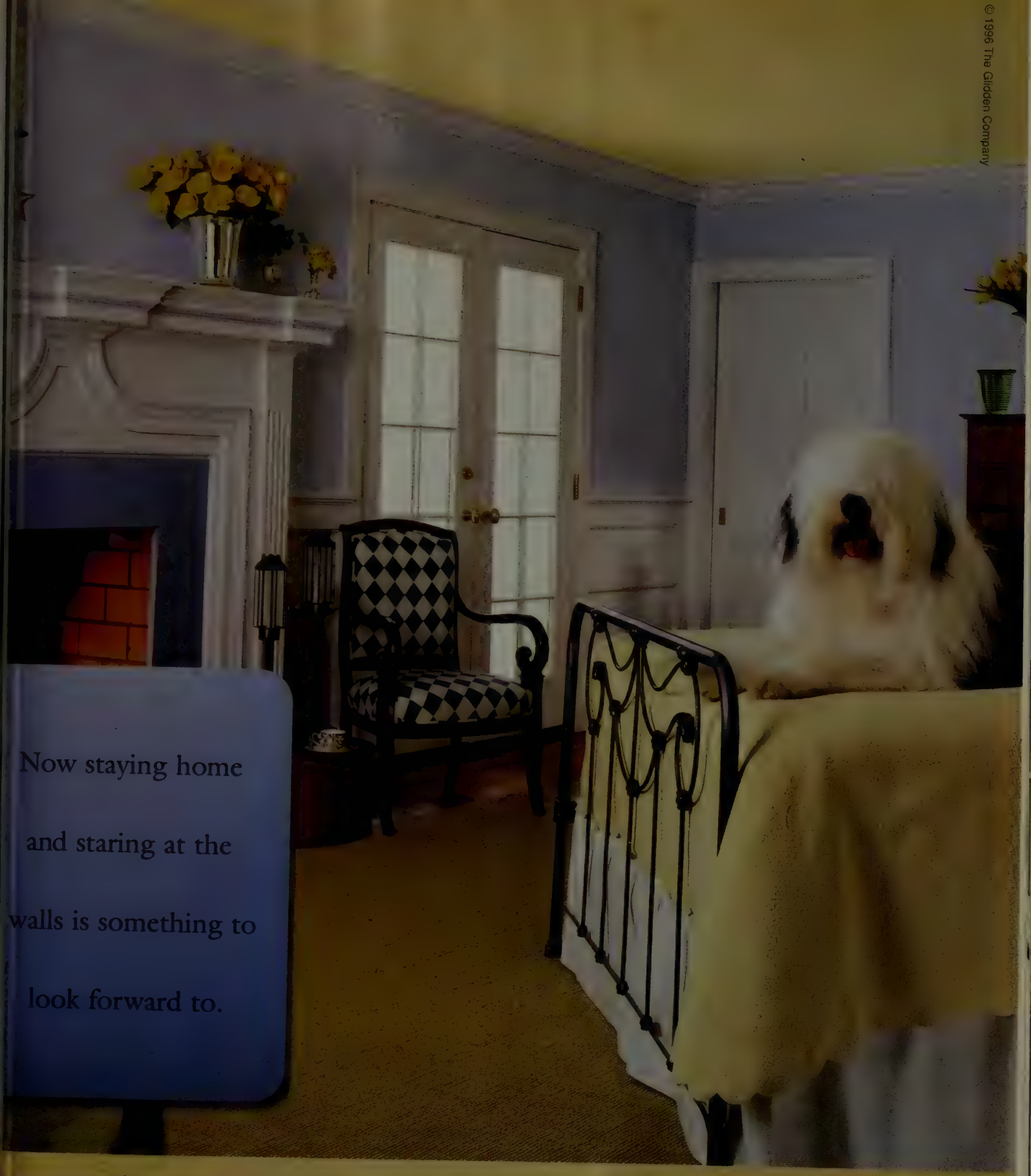


PHOTOGRAPHS: ED GOHLICH CUSTOM CARPENTRY: JOSEPH WOOD REGIONAL CONTRIBUTOR: ANDREA CAUGHEY

Faith researched gate designs and worked with a contractor to design and build this charming entry. Flanked by a potted palm, the gate functions as a focal point for the deck.

roundings. To complement the deck, she opted for a redwood gate topped with cedar shingles. Intended more as an architectural focal point than a point of entry, the gate was modeled after the Japanese torii (traditional gateway to Shinto shrines). Most often, these feature straight, simple lines as opposed to the curved, decorative eaves associated with Buddhist temples. True to Shinto architectural traditions, the stepped woodwork at the top of the gate symbolizes clouds to remind us of nature's importance.

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Home Improvement Contest Winner



PHOTOGRAPHS: JENIFER JORDAN REGIONAL CONTRIBUTOR: AMY MUZZY MALIN

Let There Be Light

Chris and Jim Truck's home was poorly connected to the outdoors, so they modified their backyard and added a room with a view.

The best houses share a relationship with their surroundings, something the Truck's Kingwood, Texas, home just didn't do. "I felt confined and caged in, with no real views of the outside," says Chris. So the couple transformed the landscape by installing a pool and spa (both rimmed with stacked stone), then added a window-lined addition to the house that provides a full view of their new backyard. To add even more space, they built a large pavilion supported by brick columns—ideal for entertaining because it sits on a rise beyond the pool and catches a southeast breeze.



If it starts to rain, the Truck family doesn't have to hide inside. They can just duck under the large pavilion for shelter. The pavilion also includes a barbecue for outdoor entertaining.





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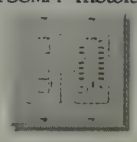
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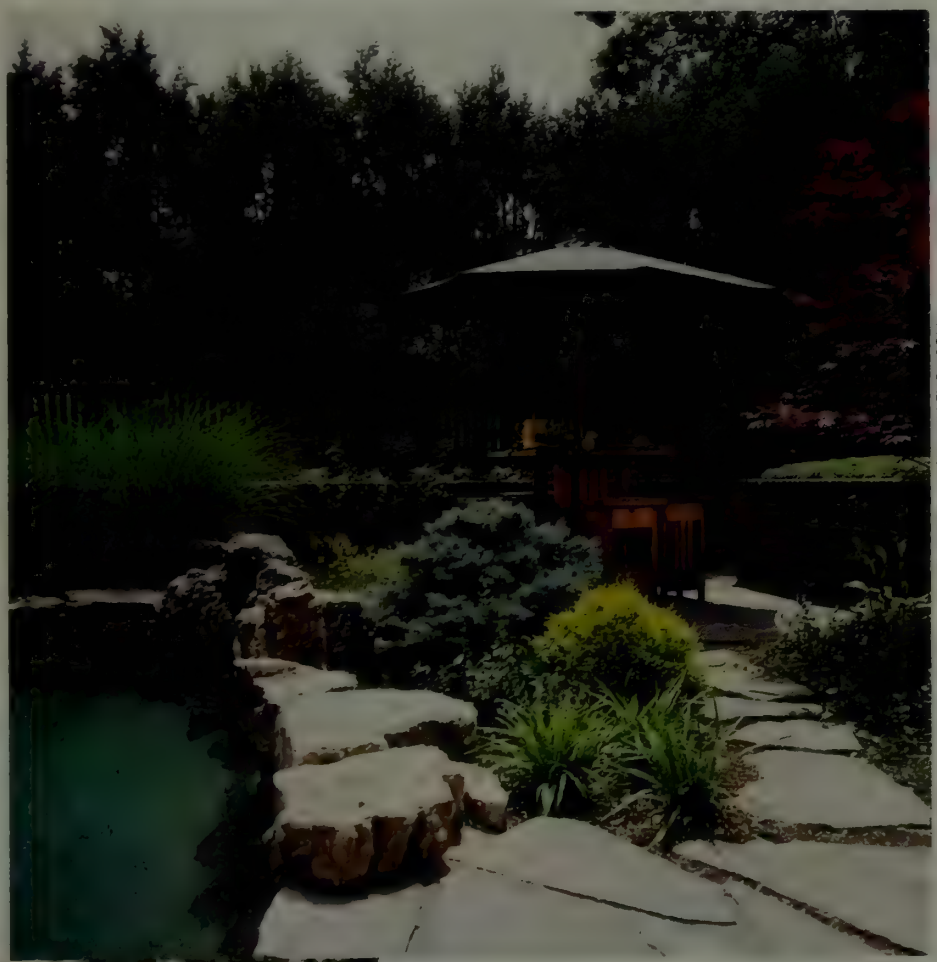
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Awning Installation: Charlotte Tent & Awning Co., Charlotte, NC. Furniture: Courtesy Woodard.

Home Improvement Contest Winner

Natural Beauty

Too often, a damaged pool is just a hole in the ground that you pour money into. Instead of making stop-gap fixes, Mary Haase and Jeff Seigrist transformed a concrete behemoth into the pool of their dreams.



PHOTOGRAPHS: BARBARA MARTIN, REGIONAL CONTRIBUTOR. MARY ANN THOMSON.

A table and umbrella are tucked away in a poolside niche that's shaded by evergreens and perennials. A Japanese maple sets off the many greens of hosta, ornamental grasses, and a variety of conifers.

Detailed stonework helped transform a typical, rectangular pool into something special. On the horizontal plane, curves soften the edges while stacked stones accent the vertical plane with multiple levels.



When Mary and Jeff learned that their pool was badly damaged, they turned their ordinary rectangular swimming hole into a backyard beauty. By replacing the poured-concrete deck with rough-cut stone and smoothing the angles into free-form curves, they were able to achieve a natural look consistent with their backyard landscaping. In addition to its natural beauty, the couple says they like the stone pool deck because it requires less maintenance than poured concrete.

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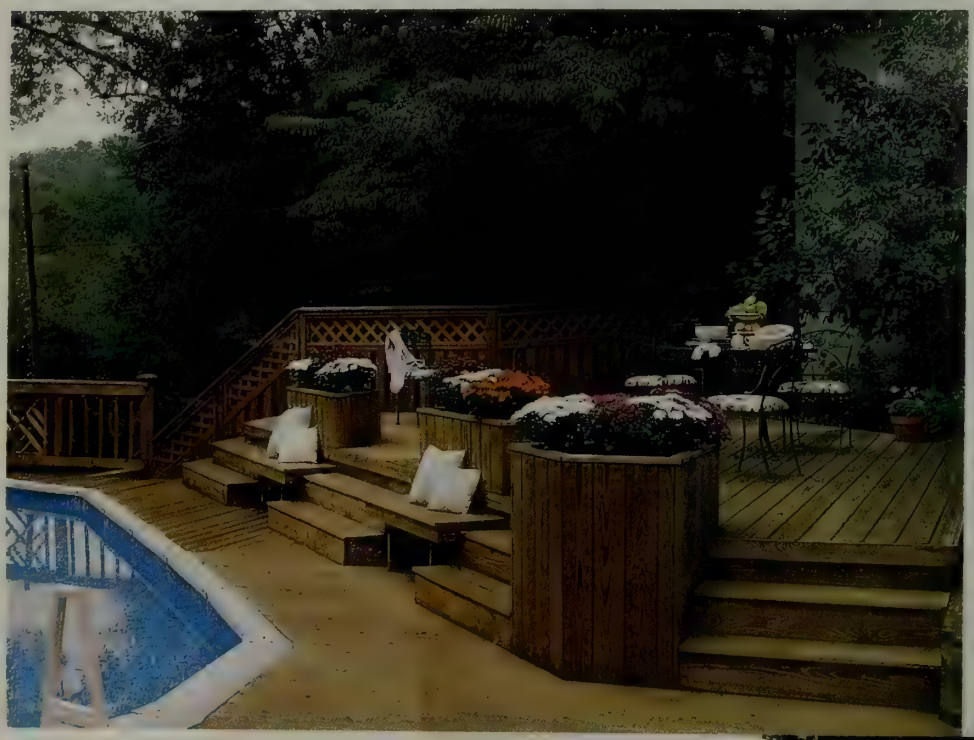


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Home Improvement Contest Winner

Level-Minded Deck

A sloping backyard didn't prevent the Fowler family from putting in a pool. They saw things from a different slant, took advantage of the topography, and installed a beautiful deck and pool.



A contemporary-style deck would have clashed with their Georgian Colonial home, so the Fowlers added railing caps and Chippendale panels to the fence.

On hot days, you can sit on a swing in the shade of mature trees, sip a cool drink, and smell the fragrance from the lilac bush as you watch the kids play in the pool.



The Fowlers are a family of six self-described "water lovers," so adding a pool to their backyard was a priority. Unfortunately, installing an in-ground pool in a yard with a steep slope wasn't feasible. To solve the problem, they opted for an above-ground pool, cleverly skirted by a multilevel deck and accented with built-in planters. The many levels aren't for mere aesthetic appeal—they're designed with the family in mind. There's a level for sitting in the shade under a dogwood, a level for [illegible], and, in the back corner, a step-up [illegible] with a swing that's so relaxing [illegible] guaranteed to relieve workaday worries.



Stairs from the deck take advantage of the yard's steep slope and offer access to the backyard. Latticework surrounds the pool and hides its above-ground walls.

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Buying Guide

Most of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.



Contact manufacturers listed here for information about products on pages Z1-Z32.

EVERYTHING UNDER THE SUN

Page Z4: gazebo and deck—Lovelace Design, 3333 Perin Place, Hamilton, OH 45011. **Glasses and dishes**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

Page Z6: (*top*) gazebo and deck—Lovelace Design (address above).

Page Z8: glasses and dishes—Pier 1 Imports (address above). **(*Bottom*) hammock**—Pier 1 Imports (address above).

POOLING THEIR RESOURCES

Page Z10 (*top*): outdoor lamps—Catalina Lighting, Inc., 6073 NW. 167th St., Miami, FL 33015.

ORIENTAL EXPRESSIONS

Page Z12 (*top*): table—Waccamaw, 3200 Pottery Dr., Myrtle Beach, SC 29577. **(*Bottom*): lamppost**—Century Electric Supply Co., 16 Peterson Rd., Libertyville, IL 60048.

LAND TRANSFORMATION

Page Z14 (*top*): windows—Andersen Windows, Inc., P.O. Box 203070, Austin, TX 78720-9752; 800/426-4261, ext. 1232. **Outdoor furniture**—Ebers Casual Furniture, U.S. Highway 22, North Plainfield, NJ 07060. **Exterior wall surface**—Dryvit Systems, Inc., One Energy Way, P.O. Box 1014, West Warwick, RI 02893; 800/556-7752. **Patio and pool paving and coping**—Bomanite Corp., P.O. Box 599, Madera, CA 93639-0599. **Lighting**—Quoizel, 325 Kennedy Dr., Hauppauge, NY 11788. **Fencing**—Bufftech, 2525 Walden Ave., Buffalo, NY 14225. **(*Bottom*): shutters**—Mid-America Building Products, 4057 South Oak St., Metamora, MI 48455.

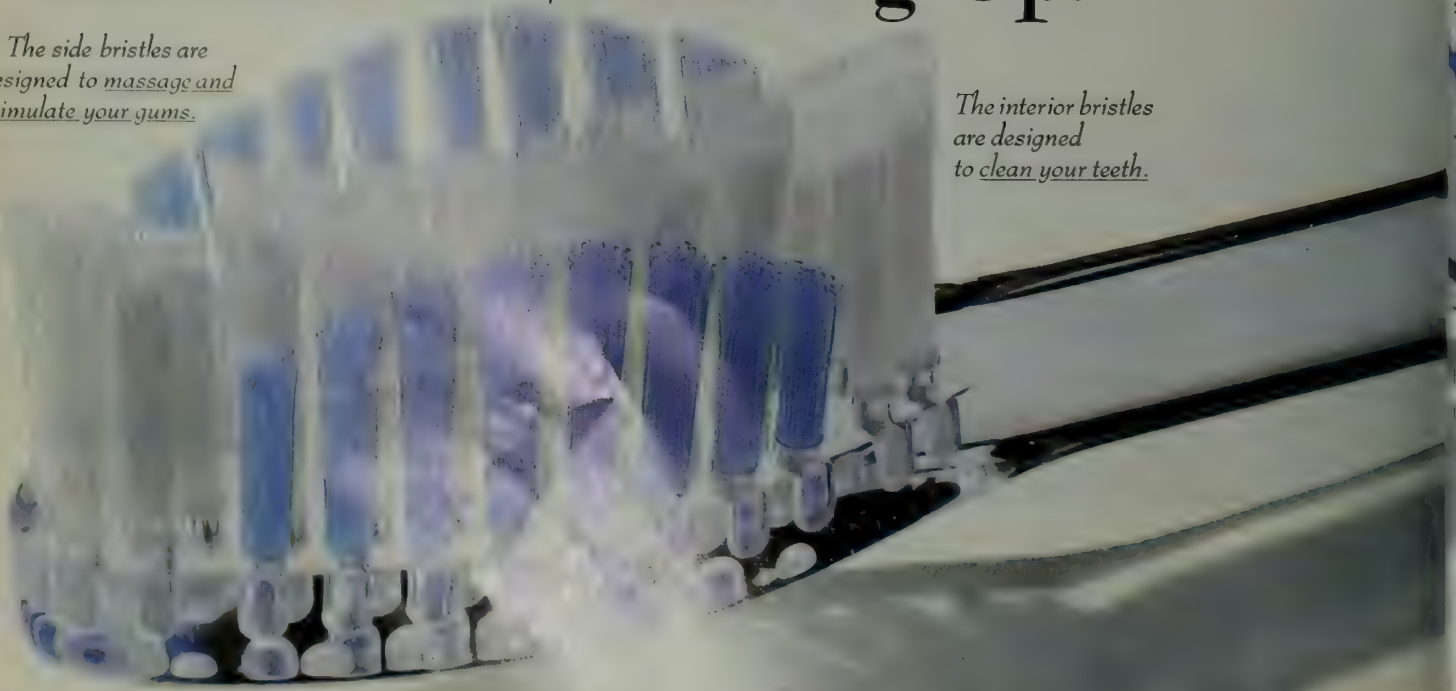
SYLVAN SERENITY

Page Z16: chaise, table, birds, pot, pagoda, statue—The Home Depot Corp., 2727 Paces Ferry Rd., Atlanta, GA 30339; 800/553-3199. **Bonsai tree and pot**—Nurseryland Garden Centers, 5895 Santa Fe St., San Diego, CA 92109.

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UMPTUOUS OOLSIDE PATIO

age: Z32 (*top*): umbrella—PriceCostco, ept. 27, Lawn and Garden, 999 Lake Dr., saquah, WA 98027; 800/774-2678. **apkins on table**—Pier 1 Imports, P.O. Box 61020, Fort Worth, TX 76161-0020; 00/447-4371. **Tablecloth**—Williams-onoma, P.O. Box 7456, San Francisco, CA 4120-7454; 800/541-2233. **Pearl-handled verware**—The Pottery Barn, Mail Order ept., P.O. Box 7044, San Francisco, CA 4120-7044; 800/922-5507. **Paint for con-ete around pool, non-slip** (Desert Sun) no. 63—Kelly Technical Coatings, 4455 15th St., uisville, KY 40203.

Architects & Designers

VERYTHING UNDER HE SUN

ges Z4-Z8: landscape designer—Stewart offman, Northrops Landscape Organization, c., 4400 Reading Rd., Cincinnati, OH 5229. **Deck/gazebo designer and builder**—rry Lovelace, Lovelace Designs, 3333 Perin , Hamilton, OH 45011.



For information about the projects on pages Z1-Z32, contact the architects and designers.

ORIENTAL EXPRESSIONS

Page Z12: builder—Peter Puleo, 489 Sturgeon Eddie Rd., Wausau, WI 54403. **Landscape designer**—Ken Spangler, 35753 N. Dilleys Rd., Gurnee, IL 60031. **Shoji screens**—Chuck Hayes, E&H Home Improvement, 136 South Shore Dr., Island Lake, IL 60042.

LAND TRANSFORMATION

Page Z14: builder—Ronald P. Tobia, Building Concepts, Inc., 739 Rt. 206, Belle Mead, NJ 08502. **Pool contractor**—Aqua Clear Pools, 739 Rte. 206, Belle Mead, NJ 08502.

SYLVAN SERENITY

Pages Z16, Z18: contractor/custom carpentry—Joseph Wood, Wood's Shop, 9209 Harness, Spring Valley, CA 91977. **Landscape architect**—Joseph Yamada, Wimmer Yamada & Caughey, 516 Fifth Ave., San Diego, CA 92101. **Garden design**—Takendo Arii, Landscape Design and Build, P.O. Box 927375, San Diego, CA 92192.

NATURAL BEAUTY

Page Z23: landscaping, stonework, and planning—Brookside Botanicals, Inc., 176 Clarkson Rd., St. Louis, MO 63011. **Pool contractor**—Diamond Pools Inc., 10 Sally, St. Louis, MO 63043. **Pool surface**—Schili Plastering Co., 1032 Arborgate Ct., St. Louis, MO 63026.







BUILDING

In-Ground Pool Choices

Today, in-ground pool aren't just status symbols for the ric and the famous—they're available i a wide range of prices and ar designed to suit most any lifestyl According to the National Spa an Pool Institute, pool costs var tremendously depending on typ size, shape, and the region in whic they're installed. Here are thre options and ballpark costs fo installing an average-size, (16×3 foot) water-ready pool.

CONCRETE POOLS

Concrete pools allow for an inf nite variety of custom shapes an sizes. They are generally built usin a process in which the concrete pumped through a hose or poured t cover a network of steel reinforcin rods, forming a seamless shel Typical finishes include plaste paint, and tile. Prices begin betwee $20,000 and $25,000.

FIBERGLASS

Fiberglass pools are typically mad of a molded fiberglass shell. Mo often they are made at a factory an transported to your home; som pool builders, however, are now ab to make fiberglass pools on site, sav ing the expense of transportatio Fiberglass pools usually cost betwee $20,000 and $35,000.

VINYL-LINED POOLS

Vinyl-lined pools feature a vin liner supported by a frame made aluminum, steel, or a high-strengt polymer. These cost less than con crete pools (between $12,00 $25,000) but are set into the groun the same way. The frame rests on compacted bottom or sculpted floo with the vinyl liner forming the fi ish on the wall frame and floor.

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Sumptuous Poolside Patio

Surrounded by lush gardens, this large patio has plenty of room to entertain, but also offers intimate spaces for solitary relaxation—ideal for enjoying sunny mornings with a Sunday paper.



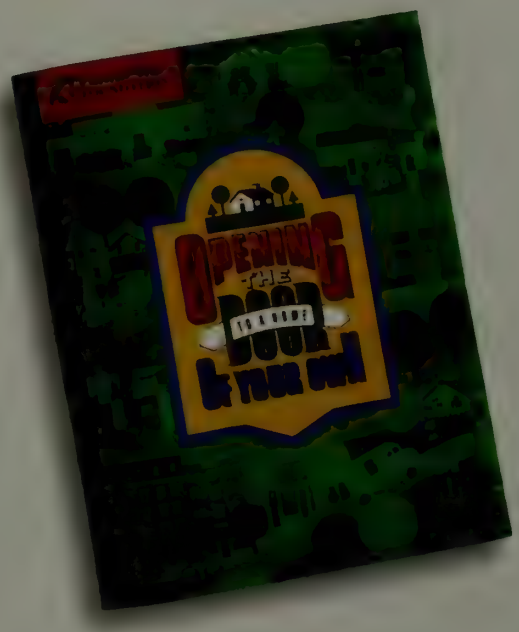
The pool is surrounded by lush vegetation with flowering bougainvillea vines and oleander shrubs to provide splashes of color. Mary Ann uses these flowers to add color to her table decorations (*left*).

From almost anywhere on the patio, you can hear the soothing sound of cascading water from the Mexican fountain in the courtyard.



Poolside patios needn't be sterile expanses of bare concrete. By separating one large space into two or more smaller spaces, you can design outdoor rooms with unique personalities. Mary Ann and Ron Peterson did this by creating a garden courtyard to complement their traditional pool deck. The courtyard is defined by lush garden landscaping and set off by a low, wrought-iron fence. They now have one space for quiet time in the shade and one for basking in the sun next to the pool.

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HERSHEY'S KISSES. WITH ALMONDS

Our Best RECIPES

This month, you'll find:

Tastes of the Great Outdoors

Easygoing menus for summer gatherings and getaways *p. 182*

Readers' Prizewinning Recipes

Summer Salads, Favorite Cupcakes and Muffins *p. 235*



Sweet Potato Shortcakes With Mountain Berries ***p. 192***

PHOTOGRAPHS: MICHAEL GARLAND; FOOD AND PROP STYLING: STEVE BASS

tastes outdoors

Anyone who's packed a picnic basket or cooked breakfast over a campfire knows that food just seems to taste better outdoors. The salads seem crisper, the meats juicier, and even the plainest dessert looks incredibly luscious. Then there's the sheer ease of dining outdoors—no table to set, no flowers to arrange. Why make a fuss when Mother Nature has outdone herself with a natural backdrop of woods, water, and sky? Such a setting goes best with foods that are simple, like the recipes on the following pages. With them, you can sit back and enjoy the best of outdoor dining—in your own backyard or at a favorite retreat.



Orange-Pear Spinach Salad

Avocado Slaw

Corn and Red Potato Salad

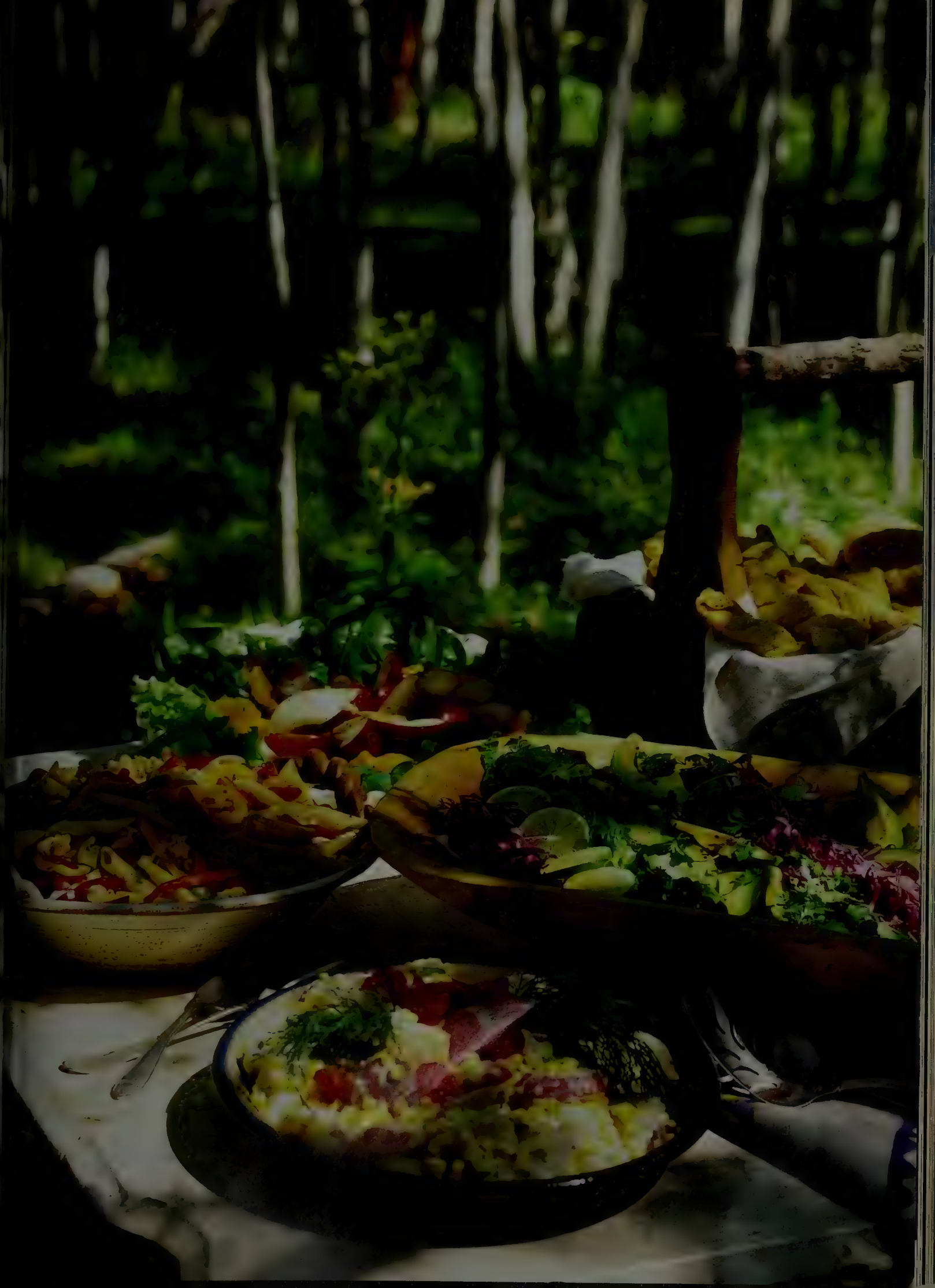
Pepper-Olive Pasta Salad

Parmesan Corn Bread Twists

Lem[illegible]

Recipes begin [illegible]







The meat's on the grill

and the dessert's in the oven—

what a great way to wind up

a fun-filled day with friends.

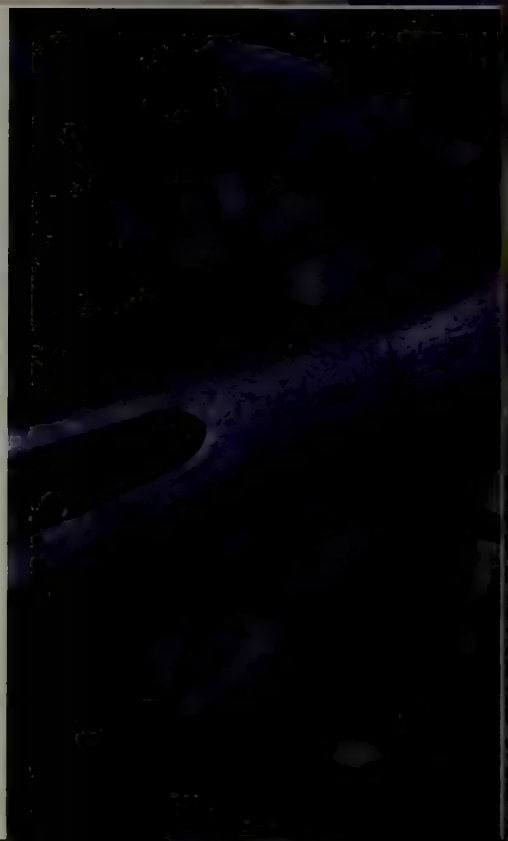


Southwestern Antipasto Platter
Basil-Stuffed Beef
Broccoli, Corn, and Tomato Skillet
Cheese-Stuffed Grilled Potatoes
Bakery breads
Peach-Apricot Crisp
Red wine, iced tea, fruit punch
Recipes begin on page 198









Breakfast

Skillet Sausage and Potatoes
Fresh melon and berries
Green Chili Muffins
Juice, coffee, or hot chocolate
Recipes begin on page 203

Stoke those inner stoves with hearty foods

for a day of boating, trail riding, and summer play.



tastes *of the great* outdoors



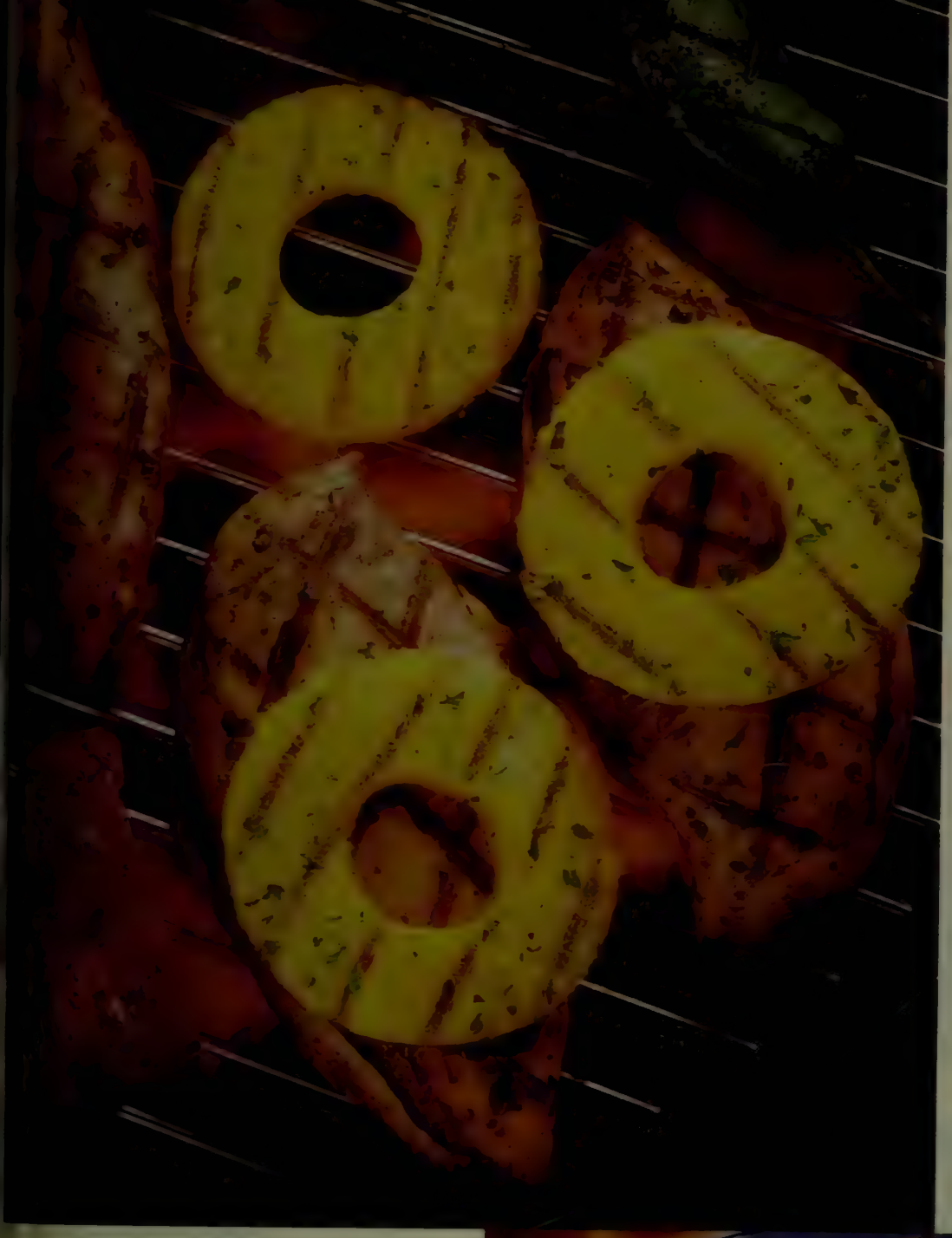


trail-ride *lunch*

Deli meats and cheeses
Pesto-Cream-Cheese Spread
Dilled Hummus Spread
Honey Whole Wheat Bread
or bakery breads
Fresh vegetable dippers
Saddlebag Trail Mix
Chocolate Toffee Bars
Soft drinks

Recipes begin on page 205

continued on page 192



Is this a barbecue or a three-ring circus?



If you really want to light a fire under your barbecue, try using Dole® Canned Pineapple. It's so tasty, versatile, and fun, you'll be more than a master chef. You'll be a ringmaster.

Grilled Chicken and Pineapple

Combine 1 can (20 oz.) Dole Pineapple Slices, undrained, with 2 tbsp. lemon juice, 1 tbsp. vegetable oil, 2 tsp. dried oregano leaves, and 1 tsp. garlic powder in shallow non-metallic dish. Add 5 boneless chicken breast halves; turn to coat. Cover; marinate 15 min. in refrigerator. **Grill** or broil chicken and pineapple 10 min. on each side or until chicken is no longer pink. Discard marinade. Serves 5.



Island Kabobs

Thread on skewers, 1 can (20 oz.) Dole Pineapple Chunks, drained, 1 pound medium or jumbo shrimp, peeled and deveined, 1 red or green bell pepper, cut into chunks, and 1 zucchini, sliced. **Grill** or broil kabobs, brushing occasionally with 1/2 cup barbecue sauce, 8 to 10 min. or until shrimp are cooked. Serves 4.

Hawaiian Steak

Combine 1 can (6 oz.) Dole Pineapple Juice with 3 tbsp. honey, 1 tbsp. soy sauce, 2 tbsp. chopped green onion, and 1 tsp. garlic powder in shallow non-metallic dish. Add 1 pound boneless loin steaks or flank steak; turn to coat. Cover; marinate 15 min. in refrigerator. **Grill** or broil steak 10 min. on each side for medium. Stir 2 tsp. cornstarch into marinade, in saucepan; heat until hot and slightly thick, serve with steak. Serves 4.

Hungry for more? Send a self-addressed stamped business envelope to: Dole Pineapple Recipes, P.O. Box 9042-L, Clinton, IA 52736-9042.

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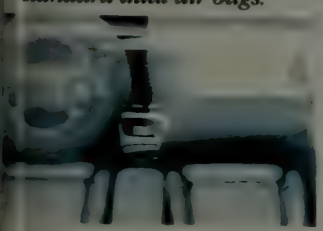




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THE WORLD'S JUST TOO BIG TO BE LEFT UNEXPLORED.

Outdoor Recipes

continued from page 188

COOKING ON HIGH

Mountain retreats are high on the list of favorite summer vacation spots, yet they pose a puzzle for folks who are used to cooking at sea level. Higher altitudes and lower air pressure can affect the way food cooks. Water boils at a lower temperature, meaning vegetables, rice, and pasta take more time to cook. Baked products rise higher and need less leavening. Liquids evaporate quicker, so you might need more to start. Baked potatoes and thick roasts take longer too.

If you're heading for the hills this summer, use the high-altitude directions given on these pages. The adjustments are suitable for 6,000 feet above sea level. To adjust your own sea-level recipes (especially baked goods), try them as is first. You may find only some of the following changes are necessary.

- For shortening-type cakes and quick breads, slightly decrease shortening, sugar, and baking powder or soda. Add an egg and a little liquid.
- For cakes and cookies, increase the oven temperature by about 20 degrees and shorten the time.
- For yeast doughs, try the lesser amount of flour. Let the dough rise twice before shaping.
- For cooking in boiling water, increase the cooking time.
- For deep-fat frying, fry foods at a lower temperature for a longer period of time (3 degrees lower for each 1,000 feet in elevation).
- Check food packages for high-altitude directions.
- For more information on high-altitude cooking, contact a county extension agent or call or write the Colorado State University Food Sciences Extension Office, Fort Collins, CO 80523; 970/491-7854.

Ever wonder how kids make friends on summer vacation? And, just like horses heading for the barn, they all end up where there's good food to be found.



SWEET POTATO SHORTCAKES WITH MOUNTAIN BERRIES

Lucky you if you stumble upon a patch of wild strawberries to top this shortcut shortcake. They're usually smaller than those found at the market, but just as juicy. Either way, you're sure to fall in love with this sweet potato version of an old-fashioned summer favorite. Biscuit mix is its secret timesaver.

- 1 16-oz. can sweet potatoes (in syrup)
- ½ cup milk
- 2 Tbsp. margarine or butter, melted
- 2½ cups packaged biscuit mix
- 2 Tbsp. sugar
- ¼ tsp. ground cinnamon
- 1½ to 2 qt. fresh strawberries, sliced (if desired); red raspberries; blackberries; and/or blueberries
- 3 Tbsp. sugar
- 1 to 1½ cups whipping cream
- 2 Tbsp. sugar
- Fresh mint sprigs (optional)

Chill a medium mixing bowl and the beaters of an electric mixer. Drain sweet potatoes, reserving 2 tablespoons of the syrup. Mash enough of the sweet potatoes to make ½ cup; set aside. (Cover and chill any remaining sweet potatoes and syrup to heat later as a side dish.)

In a medium mixing bowl combine mashed sweet potatoes, reserved syrup, milk, and margarine or butter; stir till blended. Sprinkle biscuit mix, 2 tablespoons sugar, and cinnamon over sweet potato mixture; stir just till dough clings together. (The batter may have some lumps and will be thick.) Drop onto a greased baking sheet in 8 equal portions. Bake in a 425° oven about 12 minutes or till golden. Transfer to a wire rack to cool slightly. (To tote, place cakes in a storage container.)

Meanwhile, in a large mixing bowl combine fresh berries and 3 tablespoons sugar; set aside. In the chilled mixing bowl beat whipping cream and 2 tablespoons sugar on medium speed of an electric mixer till soft peaks form. (To tote, pack the berries and whipped cream in separate storage containers and chill on ice for a couple of hours.)

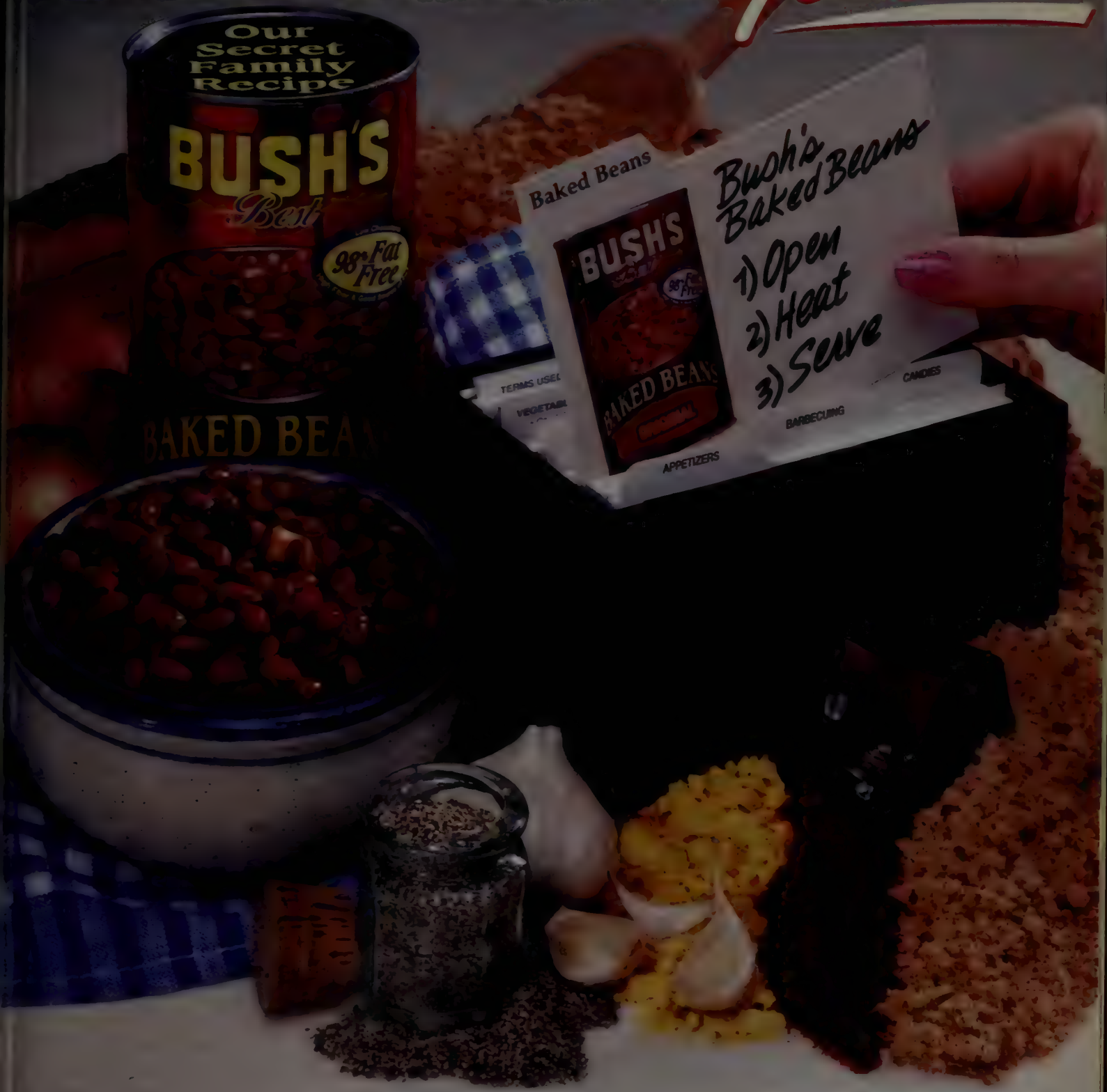
To serve, split each shortcake in half crosswise; place bottom halves on 8 dessert plates. Top with some of the berries and whipped cream. Add shortcake tops; top with more whipped cream and berries. If desired, garnish with salvia or mint. Makes 8 servings.

High-altitude directions: Prepare as directed, except bake the shortcakes in a 425° oven about 15 minutes or till golden.

Nutrition facts per serving: 415 cal., 15 g total fat (8 g sat. fat), 42 mg chol., 704 mg sodium, 65 g carbo., 5 g fiber, 6 g pro. Daily Values: 52% vit. A, 127% vit. C, 22% calcium, and 14% iron.

continued on page 194

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BUSH'S BAKED BEANS

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Outdoor Recipes

continued from page 192

SALAD PICNIC IN THE WOODS

Orange-Pear Spinach Salad
Avocado Slaw
Corn and Red Potato Salad
Pepper-Olive Pasta Salad
Parmesan Corn Bread Twists
Lemonade

Before you head to the woods: Bake the bread twists. Fix the dressing for each salad and chill. Prepare the salad ingredients and chill. Make lemonade; freeze some in cubes.

To tote: Place cooled twists in a storage container. Pack the chilled salads and dressings separately in storage containers and chill on ice. Pack lemonade with ice cubes in an insulated vacuum container.

ORANGE-PEAR SPINACH SALAD

If your pears are firm, ripen them at room temperature in a paper bag till they yield to gentle pressure.

- 2 medium red or yellow pears, such as Bartlett
- Lemon juice
- 4 cups fresh spinach leaves
- 4 cups leaf lettuce
- 3 oranges, peeled, halved, and sectioned
- 1 recipe Herbed Balsamic Vinaigrette (see recipe, *page 196)*

Slice pears; brush cut edges with lemon juice. On a serving platter arrange spinach and lettuce. Top with orange and pear slices. (To tote, cover with plastic wrap; chill for up to 4 hours. Pack with ice.) Before serving, add dressing; toss to coat. Makes 8 to 10 side-dish servings.

Nutrition facts per serving: 112 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 26 mg sodium, 12 g carbo., 3 g fiber, and 1 g pro. Daily Values: 20% vit. A, 39% vit. C, 3% calcium, 9% iron.



You'd never guess it, but Orange-Pear Spinach Salad *(back)*, Avocado Slaw *(right)*, and Pepper-Olive Pasta Salad *(front)* all use variations of the same dressing: Herbed Balsamic Vinaigrette.

AVOCADO SLAW

Avocados, limes, and cilantro give coleslaw a Southwestern spin.

- 3 small avocados, halved, seeded, peeled, and sliced
- Lime juice
- 4 cups shredded red cabbage (1 small head)
- 2 limes, sliced or cut into wedges
- 4 cups shredded lettuce
- 1 recipe Lime Vinaigrette (see variation of Herbed Balsamic Vinaigrette, *page 196)*
- Cilantro sprigs (optional)

Brush cut edges of avocado with lime juice. On a serving platter arrange rows of shredded cabbage, lime wedges, shredded lettuce, and avocado slices. If desired, garnish with a few cilantro sprigs. (To tote, cover the serving platter with plastic wrap; chill for up to 4 hours. Pack with ice.) Before serving, drizzle with vinaigrette; toss gently to coat. Makes 10 side-dish servings.

Nutrition facts per serving: 170 cal., 14 g total fat (3 g sat. fat), 0 mg chol., 11 mg sodium, 13 g carbo., 3 g fiber, and 2 g pro. Daily Values: 6% vit. A, 48% vit. C, 2% calcium, 7% iron.

CORN AND RED POTATO SALAD

Save on cleanup by making the dressing in a salad bowl, then tossing in the vegetables.

- 2 lb. red-skinned potatoes (about 6) or two 14½-oz. cans sliced potatoes, rinsed and drained

continued on page 196



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Outdoor Recipes

continued from page 194

- 2 fresh ears of corn or one 15- to 16-oz. can whole kernel corn, rinsed and drained
- ½ cup mayonnaise or salad dressing*
- ⅓ cup dill pickle relish
- ¼ cup dairy sour cream*
- ½ tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- ¼ tsp. salt
- ⅛ tsp. white pepper
- ½ cup sliced green onions
- Milk (optional)
- ½ cup cherry tomatoes, quartered or halved
- Fresh dill (optional)

If using fresh potatoes and corn, scrub potatoes; remove husks and silks from corn. In a 4-quart pot cook potatoes in boiling water for 15 minutes. Add corn; cook for 10 minutes more or till potatoes are tender. Drain and cool. Slice potatoes. Use a sharp knife to cut kernels from corn (see photograph, *below right).*

Meanwhile, for dressing, in a salad bowl or storage container combine mayonnaise or salad dressing, relish, sour cream, lemon peel, juice, salt, and pepper.

Add potatoes, corn, and onions; toss gently to coat. Cover and chill. (To tote, pack in the storage container. Chill on ice.) If necessary to moisten, stir in 1 to 2 tablespoons milk. Top with tomatoes. If desired, garnish with dill. Makes 10 to 12 side-dish servings (about 6 cups).

Nutrition facts per serving: 209 cal., 10 g total fat (2 g sat. fat), 9 mg chol., 217 mg sodium, 28 g carbo., 2 g fiber, and 3 g pro. Daily Values: 4% vit. A, 28% vit. C, 2% calcium, and 12% iron.

**Note:* Use low-fat versions of mayonnaise and sour cream to cut the fat in half and the calories to 1[illegible] per serving. With nonfat ingredients, you can cut the fat completely and reduce the calories to 134.

PEPPER-OLIVE PASTA SALAD

A collage of shapes turns simple pasta salad into something extraordinary. Penne and radiatore pasta are pictured on page 194, *but you can use whatever small pastas you happen to have in the pantry.*

- 3 cups small pasta, such as penne, radiatore, wagon wheel, and/or corkscrew
- 2 yellow, red, and/or green sweet peppers, cut into thin strips
- ½ cup pitted green olives, drained and halved
- ½ cup thinly sliced green onions
- 1 recipe Lemon-Dijon Vinaigrette (see variation of Herbed Balsamic Vinaigrette, *right)*

In a large saucepan cook the desired pasta in lightly salted boiling water according to the package directions. Drain; rinse with cold water. Drain again.

In a salad bowl combine the drained pasta, pepper strips, olives, and green onions. (To tote, pack in a storage container; chill on ice.) Before serving, add dressing; toss gently to coat. Makes 8 to 10 side-dish servings.

Nutrition facts per serving: 193 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 211 mg sodium, 26 g carbo., 1 g fiber, and 4 g pro. Daily Values: 12% vit. A, 106% vit. C, 1% calcium, and 9% iron.



Using a sharp knife, **cut kernels from the cob** without cutting too **close to the cob.**

HERBED BALSAMIC VINAIGRETTE

One dressing goes three ways. Serve the vinaigrette variations as suggested on the preceding slaw, pasta, and spinach salads or on your own green salads.

- ¼ cup olive oil
- ¼ cup balsamic or wine vinegar
- 1 to 2 Tbsp. sugar (optional)
- 1 tsp. snipped fresh basil or ¼ to ½ tsp. dried basil, crushed
- 1 tsp. snipped fresh thyme or ¼ to ½ tsp. dried thyme, crushed
- ½ tsp. snipped fresh marjoram or ¼ to ½ tsp. dried marjoram, crushed

For dressing, in a screw-top jar combine olive oil, balsamic or wine vinegar, sugar, basil, thyme, and marjoram. Cover the jar and shake well to mix.

Chill the dressing till serving time or up to 1 week. (To tote, pack in the jar or in a plastic storage container; chill on ice.) Makes about ½ cup vinaigrette.

Lime Vinaigrette: Prepare Herbed Balsamic Vinaigrette as directed above, except omit the fresh or dried marjoram. Instead, add ½ teaspoon finely shredded lime peel. Store or serve as directed. Makes about ½ cup vinaigrette.

Lemon-Dijon Vinaigrette: Prepare Herbed Balsamic Viniagrette as directed, except substitute 2 tablespoons lemon juice for 2 tablespoons of the balsamic or wine vinegar. Add 1 tablespoon Dijon-style mustard, ½ teaspoon finely shredded lemon peel, and ¼ teaspoon ground black pepper. Store or serve the vinaigrette as directed. Makes about ½ cup vinaigrette.

Nutrition facts per tablespoon of Herbed Balsamic Vinaigrette: 67 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 1 mg sodium, 2 g carbo., 0 g fiber, 0 g pro. Daily Values: 0% vit. A, 2% vit. C, 0% calcium, 2% iron.

continued on page 198

PEACH-MUSTARD GLAZED PORK CHOPS

1 can peach slices (16 oz.) in extra light syrup*

1 tsp Worchestershire sauce

2 Tbsp peach preserves

2 Tbsp Dijon-style mustard

1 tsp blk pepper

4 boneless center cut pork chops, 3/8-inch thick

*or substitute with fresh peaches & 1/2 cup apple or orange juice.

Stir first four ingredients together in bowl. Set aside. Heat nonstick skillet over medium-high heat; brush chops with vegetable oil and season with pepper. Brown on one side (2-3 minutes); turn. Add peach mixture; reduce heat to low, cover and cook 4 minutes. Serve with peaches and sauce. Garnish with fresh raspberries. Serves 4.

Approximate nutrient information per serving: Calories: 261, Protein: 24 gm , Fat: 7 gm., Cholesterol: 70 mg., Sodium: 194 mg. Nutrient analysis done by The Food Processor II Diet Analysis Software. Pork Data from the USDA Handbook 8-10 (1991). America's Pork Producers © 1996 National Pork Producers Council in cooperation with the National Pork Board.

Since the dawn of time, pork and fruit have been pairing up. Like with [illegible] apples. Try pineapples. Or plums or berries or lemons or limes. It's only natural. Simply send for recipes and a self-addressed, stamped, business-size envelope to: Recipes, A.P. Box [illegible], Des Moines, IA 50306. Or visit our website at http://www.[illegible]

IF FRUIT WAS THE FIRST TEMPTATION,

PORK

WAS PROBABLY THE SECOND.





TASTE WHAT'S NEXT

pork

The Other White Meat.

Outdoor Recipes

continued from page 196

PARMESAN CORN BREAD TWISTS

The kids will have fun shaping and coating this refrigerated dough fix-up.

- 2 11.5-oz. pkg. refrigerated corn bread twists
- 3 Tbsp. yellow cornmeal
- 3 Tbsp. grated Parmesan cheese
- 1 tsp. poppy seed

Separate the refrigerated rolls into 32 strips. In a shallow dish stir together cornmeal, Parmesan cheese, and poppy seed. Roll dough strips in cornmeal mixture.

On an ungreased baking sheet shape strips into twists according to the package directions (see photograph, *below).*

Bake in a 375° oven for 11 to 13 minutes or till golden. Serve warm, or cool on a wire rack. (To tote, pack cooled twists in a covered storage container.) Makes 16 twists.

High altitude directions: Call the refrigerated dough manufacturer for high-altitude directions. The coated bread twists may take a few more minutes to bake.

Nutrition facts per twist: 152 cal., 8 g total fat (2 g sat. fat), 1 mg chol., 322 mg sodium, 17 g carbo., 1 g fiber, and 3 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, and 5% iron.



Twist the coated dough strips together loosely, as they will puff during baking.



SUNSET SUPPER

Southwestern Antipasto Platter
Basil-Stuffed Beef
Broccoli, Corn, and Tomato Skillet
Cheese-Stuffed Grilled Potatoes
Bakery breads
Peach-Apricot Crisp
Red wine, iced tea, fruit punch

Putting it all together: Ahead of time, bake and stuff the potatoes. Freeze the stuffed potatoes, if desired. Stuff the meat and tie to secure. Roast the peppers for the antipasto platter. Cover and chill for up to 24 hours.

To cook, roast the meat and potatoes over the coals or in the oven. As they cook, prepare and bake the peach crisp. Assemble the antipasto platter. When the meat is done, cook the vegetables.

SOUTHWESTERN ANTIPASTO PLATTER

While dinner is on the grill, set out this platter of vegetable bites.

- 2 cups broccoli and/or cauliflower flowerets
- 1 jicama, peeled and cut into sticks
- 1 cup roasted red and yellow sweet pepper strips*
- 16 to 20 radishes
- 16 to 20 pitted green olives
- Lettuce leaves

Arrange vegetables on a lettuce-lined serving platter. Makes 8 to 10 appetizer servings.

Nutrition facts per serving: 32 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 173 mg sodium, 5 g carbo., 1 g fiber, 1 g pro. Daily Values: 3% vit. A, 65% vit. C, 1% calcium, 4% iron.

**Note:* To roast peppers, cut the peppers lengthwise into quarters. Remove the stems and seeds. Cut small slits in the ends of the pepper pieces to make them lie flat.

Place the pepper pieces, cut sides down, on a foil-lined baking sheet. Bake in a 425° oven for 20 to 25 minutes or till the skins are bubbly. Immediately place the pepper pieces in a clean brown paper bag. Close the bag tightly; cool. (The steam that builds up will loosen the pepper skins.) When the peppers are cool enough to handle, remove the pepper skins. Cut into strips.

BASIL-STUFFED BEEF

Add smoky flavor by grilling the meat over indirect coals. You can also roast it in the oven.

- 1 3- to 3½-lb. boneless beef sirloin roast, cut 1¾ inches thick
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 cups lightly packed basil leaves, snipped
- 8 to 10 cloves garlic, minced (2 Tbsp.)
- 2 tsp. olive oil

Make five or six 5-inch-long slits along the top of the roast, cutting almost through the roast. Sprinkle with salt and pepper.

For filling, in a medium mixing bowl combine basil and garlic; stuff the filling into the slits in the meat. Tie the meat with heavy-duty string to hold slits closed (see photograph, *page 200).* Drizzle with olive oil. Roast using indirect grilling, quick oven-roasting, or slow oven-roasting directions.

continued on page 200

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Outdoor Recipes

continued from page 198

Indirect grilling directions: In a covered grill arrange medium coals around a drip pan. Test for medium-low heat above the pan. Place meat on grill rack over drip pan but not over coals. Insert a meat thermometer, lower the grill hood.

Grill for 45 minutes to 1½ hours or till the meat thermometer registers the desired temperature (140° for rare, 155° for medium, 165° for well-done). Add more coals as necessary. Let meat stand, covered, for 10 minutes before slicing. (The meat temperature will rise slightly upon standing.) Makes 10 to 12 servings.

Slow oven-roasting directions: Place the roast on a rack in a shallow roasting pan. Insert a meat thermometer. Roast, uncovered, in a 325° oven for 1½ to 1¾ hours or till the meat thermometer registers 140° or to desired doneness. Let stand, covered, for 10 minutes before slicing. (The meat temperature will rise slightly upon standing.) Slice across the grain.

Quick oven-roasting directions: Place roast on a rack in a shallow roasting pan. Insert a meat thermometer. Roast, uncovered, in a 425° oven for 15 minutes. Reduce oven temperature to 350°; roast for 35 to 45 minutes more or till thermometer registers 140° or to desired doneness. Let stand, covered, for 10 minutes before slicing. (The temperature will rise slightly.) Slice across the grain.



Stuff the basil and garlic into the slits in the beef, then tie several times with string.

Nutrition facts per serving: 255 cal., 13 g total fat (5 g sat. fat), 91 mg chol., 121 mg sodium, 1 g carbo., 0 g fiber, 31 g pro. Daily Values: 0% vit. A, 1% vit. C, 2% calcium, 23% iron.

BROCCOLI, CORN, AND TOMATO SKILLET

Fresh corn cut from the cob can't be beat, but canned corn will speed the prep time when corn season ends.

- 5 cups broccoli florets
- 2 Tbsp. olive oil
- 2½ cups cut fresh sweet corn (3 large or 5 medium ears) or one 15¼-oz. can whole kernel corn, rinsed and drained
- 2 medium tomatoes, peeled, seeded, and cut up (1¼ cups)
- 1 to 2 Tbsp. margarine or butter
- 1 Tbsp. snipped fresh marjoram or 1 tsp. dried marjoram, crushed
- ½ tsp. garlic salt
- ¼ tsp. pepper

In a heavy large oven-proof skillet cook and stir broccoli in hot oil over medium-high heat or over hot coals for 4 minutes.

Add the fresh or canned corn, tomatoes, and enough margarine or butter to moisten; cook and stir about 4 minutes more or till vegetables are crisp-tender. Stir in marjoram, garlic salt, and pepper. Makes 10 side-dish servings (6 cups).

Nutrition facts per serving: 103 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 145 mg sodium, 15 g carbo., 4 g fiber, and 4 g pro. Daily Values: 14% vit. A, 108% vit. C, 3% calcium, and 6% iron.

CHEESE-STUFFED GRILLED POTATOES

You can grill and stuff the potatoes ahead of time, then freeze, if you like. Add about 20 minutes to the reheating time for frozen potatoes.

- 5 large baking potatoes (6 to 8 oz. each)
- Cooking oil
- 1½ cups shredded reduced-fat or regular cheese, such as cheddar or Monterey Jack (6 oz.)
- ½ cup light dairy sour cream
- ¼ to ⅓ cup milk
- Dash salt
- Dash pepper

Scrub potatoes thoroughly with a brush; pat dry. Rub with oil. Halve the potatoes lengthwise; wrap both halves of each potato loosely in heavy foil. Bake in a 400° oven about 1 hour or till tender. (Or, grill directly over medium-hot coals for 45 to 50 minutes or till tender, turning potatoes occasionally. You can also put wrapped potatoes directly into the coals and check after 30 minutes.) Cool slightly.

Gently scoop out each potato half, leaving a ¼-inch-thick shell and spooning the pulp into a large mixing bowl. (You should have about 3½ to 4 cups pulp.)

With an electric mixer on low speed or a potato masher, beat or mash potato pulp. Add 1 cup of the cheese and sour cream; beat till smooth. If necessary, stir in enough milk to make of desired consistency. Season to taste with salt and pepper. Spoon mashed potato mixture into potato shells. Place in a greased 13x9x2-inch baking pan. (If desired, cover and freeze at this point.)

Bake, uncovered, in a 425° oven about 25 minutes or till the surface is light brown. (Or, cover the pan with foil and grill directly over medium-hot coals about 25 minutes or till heated through.) Sprinkle with remaining cheese. Makes 10 side-dish servings.

High-altitude directions: Bake the raw potatoes in a 400° oven or over medium-hot coals about 1½ hours or till tender. Continue as directed.

Nutrition facts per serving: 161 cal., 4 g total fat (2 g sat. fat), 14 mg chol., 157 mg sodium, 23 g carbo., 1 g fiber, and 8 g pro. Daily Values: 4% vit. A, 21% vit. C, 12% calcium, and 7% iron.

continued on page 202



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Step 4. ***Enjoy.***

*Pat moist fruit dry.



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Outdoor Recipes

continued from page 200



PEACH-APRICOT CRISP

A combination of canned and fresh fruit carries a double promise: convenience plus juicy, just-picked flavor.

- 2 29-oz. cans peach slices in extra-light syrup
- 4 cups sliced, peeled fresh apricots and/or peaches
- 1 cup rolled oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- 1 tsp. ground cinnamon
- ½ cup margarine or butter, melted
- Half-and-half or light cream (optional)

Drain canned peaches, reserving ¼ cup syrup. In a 3-quart rectangular baking dish combine canned peaches, reserved syrup, and fresh apricots and/or peaches.

For topping, combine oats, flour, brown sugar, and cinnamon. Add margarine or butter; stir till mixed. Top fruit.

Bake in a 350° oven 30 minutes or till hot and bubbly. If desired, serve with half-and-half. Makes 10 servings.

High altitude directions: Prepare as directed, except use ½ cup syrup. Bake in a 350° oven for 35 to 40 minutes.

Nutrition facts per serving: 317 cal., 10 g total fat (6 g sat fat), 25 mg chol., 107 mg sodium, 56 g carbo., 3 g fiber and 4 g pro. Daily Values: 27% vit. A, 17% vit. C, 3% calcium, and 14% iron.

CAMPFIRE BREAKFAST

Skillet Sausage and Potatoes
Fresh melon and berries
Green Chili Muffins
Juice, coffee, or hot chocolate

The night before: Bake the muffins to reheat on the campfire while cooking breakfast.

To tote: Pack the turkey sausage and fruit in storage containers with an ice pack. Pack muffins in a storage container or wrap in foil. Pour coffee, juice, or hot chocolate into insulated vacuum containers.

SKILLET SAUSAGE AND POTATOES

Gung-ho outdoorsmen will opt for cooking breakfast over the coals. Indoor campers can follow the range-top directions.

- 3 to 4 Tbsp. olive oil or cooking oil
- 1¾ lb. unpeeled red-skinned potatoes, cut into ½-inch cubes (5 cups)
- 2 medium onions, cut into thin wedges and/or chopped (1½ cups)
- ½ lb. fully cooked smoked turkey sausage, diagonally sliced ¼ inch thick
- 2 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- 1½ to 2 tsp. cumin seed, slightly crushed
- ¼ tsp. salt
- ¼ tsp. pepper

(To tote, pack ingredients, keeping sausage on ice.) Pour 3 tablespoons oil into a heavy 12-inch ovenproof skillet; place directly over hot coals or on range-top. Lift and tilt to cover bottom of skillet with oil. Cook potatoes and onion, uncovered, in hot oil over medium-high heat about 12 minutes or till potatoes are nearly tender, stirring occasionally.

Add sausage and 1 tablespoon oil, if necessary, to prevent sticking. Cook, uncovered, about 10 minutes or till potatoes and onions are tender and slightly brown, stirring often.

Stir in thyme, cumin seed, salt, and pepper; cook and stir for 1 minute more. Makes 6 main-dish servings.

High altitude directions: Prepare as directed, except increase the cooking times. Allow 15 to 20 minutes for potatoes and onions, 12 minutes after adding the sausage, and 2 to 3 minutes after adding the seasonings.

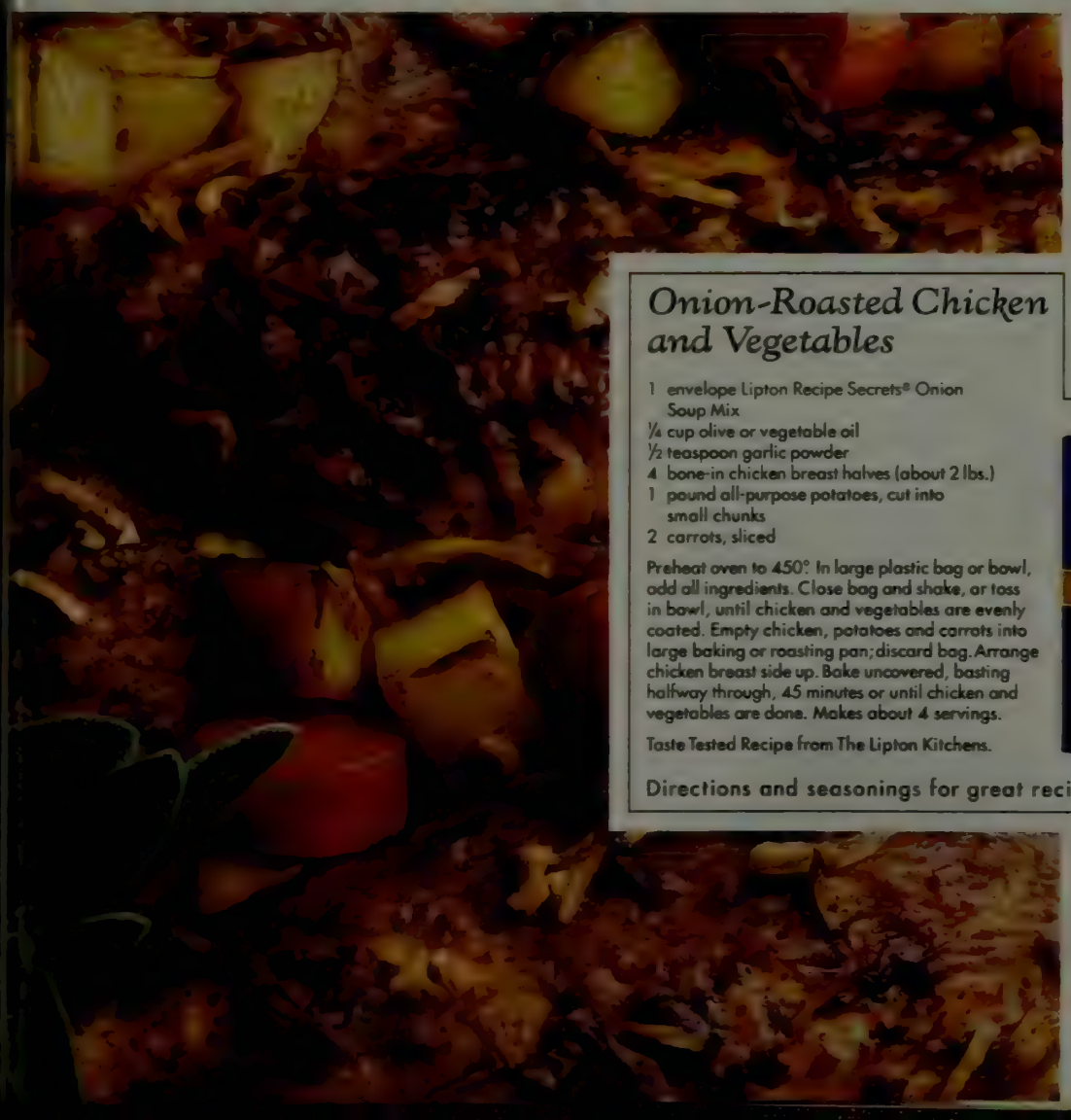
Nutrition facts per serving: 270 cal., 10 g total fat (2 g sat. fat), 24 mg chol., 419 mg sodium, 36 g carbo., 2 g fiber, and 10 g pro. Daily Values: 0% vit. A, 35% vit. C, 5% calcium, and 18% iron.

GREEN CHILI MUFFINS

The canned green chilies used in these buttery muffins can vary in heat. You may want to use more or less, depending on the hotness and your family's preference.

- 2 cups all-purpose flour
- ¼ cup sugar
- 2 tsp. baking powder
- ¼ to ½ tsp. salt
- 2 eggs
- 1 cup milk
- ¼ cup margarine or butter, melted
- 1 4-oz. can diced green chili peppers, rinsed and drained

continued on page 204



How many cooking lessons do you need to make the perfect chicken?

Who Cares?

Onion-Roasted Chicken and Vegetables

- 1 envelope Lipton Recipe Secrets® Onion Soup Mix
- ¼ cup olive or vegetable oil
- ½ teaspoon garlic powder
- 4 bone-in chicken breast halves (about 2 lbs.)
- 1 pound all-purpose potatoes, cut into small chunks
- 2 carrots, sliced

Preheat oven to 450°. In large plastic bag or bowl, add all ingredients. Close bag and shake, or toss in bowl, until chicken and vegetables are evenly coated. Empty chicken, potatoes and carrots into large baking or roasting pan; discard bag. Arrange chicken breast side up. Bake uncovered, basting halfway through, 45 minutes or until chicken and vegetables are done. Makes about 4 servings.

Taste Tested Recipe from The Lipton Kitchens.



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Outdoor Recipes

continued from page 203

In a small mixing bowl stir together flour, sugar, baking powder, and salt. In another mixing bowl stir eggs slightly with a spatula; stir in milk, melted margarine or butter, and green chili peppers. Add the flour mixture all at once to the egg mixture. Stir just till moistened (the batter will be lumpy).

Lightly grease muffin cups; fill two-thirds full. Bake in a 400° oven for 20 to 25 minutes or till golden. Remove from pans. Serve warm. (To tote, wrap baked muffins in foil and reheat over medium coals.) Makes 10 to 12 muffins.

Nutrition facts per muffin: 173 cal., 6 g total fat (3 g sat. fat), 57 mg chol., 229 mg sodium, 24 g carbo., 1 g fiber, and 5 g pro. Daily Values: 7% vit. A, 6% vit. C, 10% calcium, and 9% iron.





PACKING FOR PICNICS

The perfect picnic spot may be important, but it's not the only key to a picnic's success. Packing to protect food from breaking, leaking, or spoiling is a top priority too. Several of the recipes on these pages are designed with toting in mind. When appropriate, recipes give directions, but two guidelines apply to all:

- For carrying most picnic foods, choose sturdy plastic containers with tight-sealing lids. They protect foods from getting crushed or leaking. Plus, they do not create litter that you can inadvertently leave behind.
- Some foods, including salads, meats, cheeses, or dairy products, need to be kept chilled. Pack these cold foods with an ice pack in an insulated bag or cooler. You can also freeze cold juices to act as ice. By picnic time, the drinks will still be cold, but thawed enough for drinking.

TRAIL-RIDE LUNCH

Deli cheeses and meats
Pesto-Cream-Cheese Spread
Dilled Hummus Spread
Honey Whole Wheat Bread
or bakery breads
Fresh vegetable dippers
Saddlebag Trail Mix
Chocolate Toffee Bars
Soft drinks

Before you hit the trail: Ahead of time, bake the bars and bread, combine the trail mix, and prepare the vegetables. Shop for an assortment of breads, such as French bread for the cheese spread, pita bread for the hummus spread, and sliced bread for sandwiches. Remember to pick up some sliced meats and cheeses too. Let everyone make their own sandwiches at lunchtime.

et the crunch...by the slice.

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Sandwich Slices

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To tote: Pack the meats, cheeses, spreads, and vegetables in storage containers. Chill on ice. Place the breads in plastic storage containers. Pack trail mix in resealable plastic bags. Cover bars with plastic wrap.

PESTO-CREAM-CHEESE SPREAD

All you need is two ingredients for this creamy basil sandwich spread. Spread it onto French bread or sandwich bread.

- 1 8-oz. pkg. cream cheese, softened
- 1 7-oz. container refrigerated pesto sauce

In a storage container or bowl combine cream cheese and pesto sauce; stir till combined. Cover and chill till ready to serve or for up to 1 week. (To tote, pack in the storage container; chill on ice.) Let stand for 30 minutes for easier spreading. Stir before spreading. Makes 1½ cups.



Make your picnic preparations easy by packing an assortment of spreads, meats, cheeses, vegetables, and breads in separate containers, then let everyone make their own sandwiches.

continued on page 208

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See the ad for Louis Kemp® on page 233

Snappy Seafood Pita Sandwiches

- 2 packages LOUIS KEMP® Fat Free Crab Delights® or Lobster Delights® (or combine 1 package of each
- 1 medium tomato, chopped
- 1/2 cup finely chopped red onion
- 1/2 cup chopped green pepper
- 1/2 cup plain low-fat yogurt
- 2 ounces feta cheese, finely crumbled
- 1/4 cup light mayonnaise
- 1/4 cup chopped cilantro
- 1 clove garlic, minced
- 1/4 teaspoon freshly ground black pepper
- 4 to 6 pita breads, cut in half
- Lettuce leaves

In large bowl, combine tomato, onion, and green pepper. In a small bowl, stir together yogurt, feta, mayonnaise, cilantro, garlic, and black pepper. Add to vegetable mixture. Mix well. Cover and chill. Serve seafood mixture in pita bread halves lined with lettuce leaves. Makes 4 to 6 servings.

Jumbles

- 1/2 cup butter or margarine (not spread)
- 1/2 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1 egg
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 12 ounce package (1 3/4 cups) "M&M's"® Semi-Sweet or Milk Chocolate Baking Bits
- 1 cup chopped walnuts

Preheat oven to 350 degrees F. In a bowl beat butter and sugars until light and fluffy; add egg. Combine flour and baking soda; blend into butter mixture. Stir in "M&M's"® Chocolate Baking Bits, raisins and nuts. Drop rounded tablespoonfuls of dough (1 1/2 inch balls) about 2 inches apart onto greased cookie sheets. Bake 13 to 15 minutes. Cool 2 to 3 minutes on cookie sheets before transferring to wire racks to cool thoroughly. Store in tightly covered container. Makes about 32 cookies.

No-Bake Jelly Belly Petit Fours

- 1 10 3/4 pound frozen loaf pound cake
- 4 ounces cream cheese with strawberries (1/2 of an 8 ounce tub)
- 2 cups sifted powdered sugar
- 3 tablespoons milk
- 2 ounces (about 50 beans JELLY BELLY® jelly beans, Blueberry and Very Cherry flavors

Trim dark crust from top and sides of cake. Cut cake crosswise into six slices, then cut each slice into two, creating two 1 1/2 inch cubes from each slice. For each petit four, cut each cube in half, fill with a layer of cream cheese and reassemble. Place each cube on a wire rack over a large bowl; set aside. Stir powdered sugar and milk together until smooth. Spoon icing over petit fours to cover completely, allowing excess to drip into bowl. Use excess icing to finish cakes as needed. Decorate petit fours with blue and red jelly beans, about four beans per cake. Refrigerate until icing is set, about 10 minutes. Place on platter and serve. Makes 12 petit fours.

Big Savings on Two Popular Better Homes and Gardens® Cookbooks



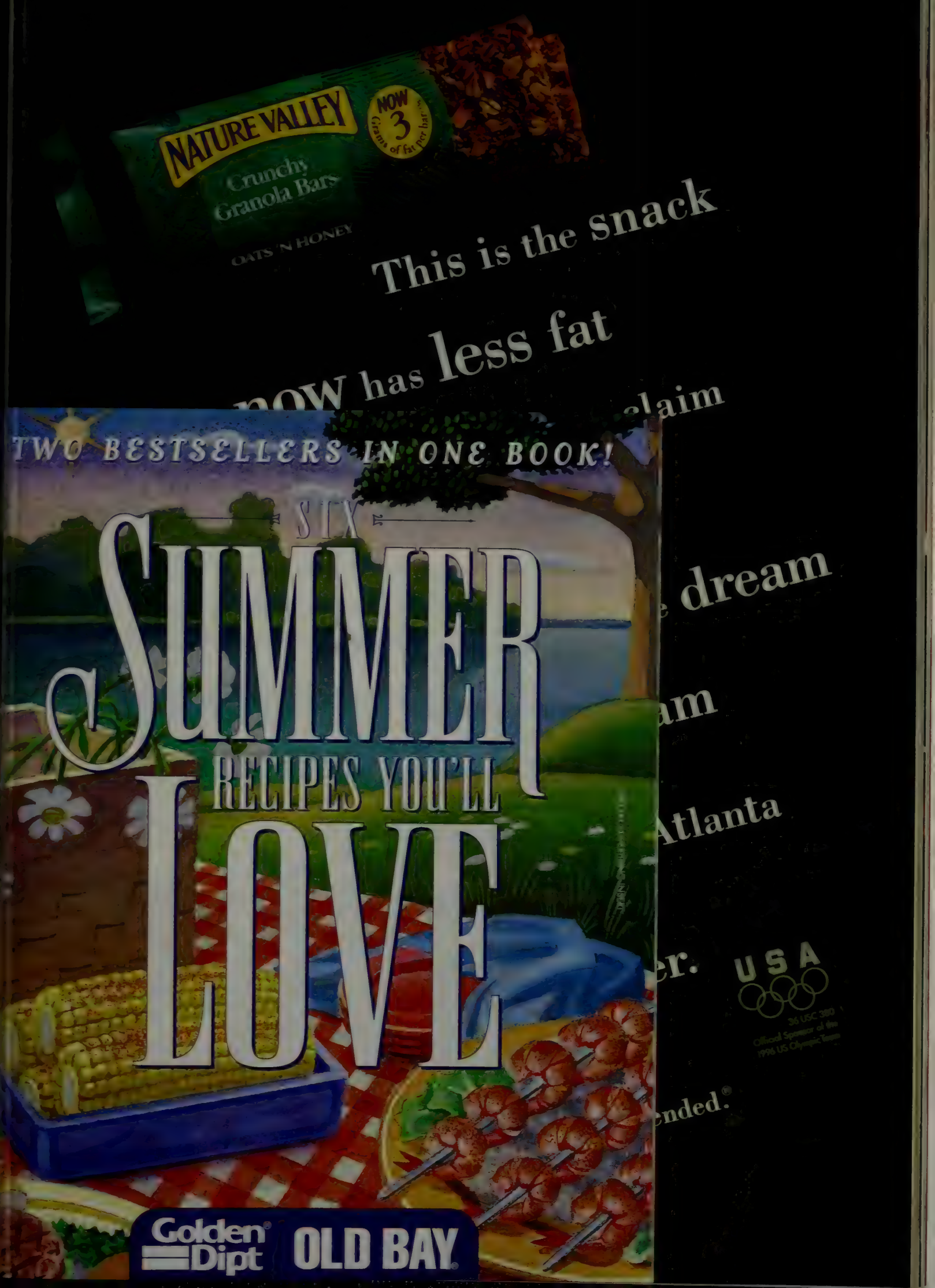
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1 cup chopped walnuts

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2 ounces (about 50 bean JELLY BELLY® jelly beans, Blueberry and Very Cherry flavors

Trim dark crust from top a sides of cake. Cut cake cros wise into six slices, then c each slice into two, creati two 1 ½ inch cubes fro

TABLE OF CONTENTS

It's a delicious love story that winds its way from the hot and steamy to the light and luscious. A story of two loveable characters, Golden Dipt® Marinades and OLD BAY® Seasonings, each in their own special way making old favorites more exciting and new dishes more tempting. When it comes to capturing the hearts and appetites of summer food lovers, OLD BAY and Golden Dipt wrote the book.





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JUICY TIDBITS

GRILLING

SPICY HAMBURGERS

Mix 2 teaspoons OLD BAY Seasoning into 1 pound ground beef. Grill or broil until done. Top with cheese and serve on hamburger buns.

Makes 4 hamburgers.

ZESTY BARBECUE SAUCE

Combine 2 teaspoons OLD BAY Seasoning with 1 cup of your favorite barbecue sauce. Brush on meat or poultry while grilling or broiling.

SEAFOOD KABOBS

Thread cubed shark steaks, cherry tomatoes and pineapple chunks onto skewers. Marinate in Golden Dipt Lemon Herb Seafood Marinade. Grill or broil until fish is done.

APPETIZERS

GRILLED SHRIMP ON SKEWERS

Marinate 1 pound shrimp in Golden Dipt Honey Soy Marinade or Cajun Marinade. Remove from marinade; thread onto skewers. Grill or broil, turning frequently.

CHICKEN "WING DINGS"

Marinate 2 pounds chicken drumettes in mixture of Golden Dipt Ginger Teriyaki, 1/2 teaspoon each McCormick® /Schilling® garlic powder and black pepper. Grill or broil, turning frequently until done. For Hot Wings use Golden Dipt Cajun Marinade instead.

SPICY WALNUTS

Mix 1 cup California walnut halves with 1 teaspoon OLD BAY Seasoning and 1 teaspoon oil. Spread evenly on cookie sheet. Bake in 350°F oven 7-8 min.

SPECIAL ADVERTISING INSERT

SIDE DISHES

CORN ON THE COB

Sprinkle OLD BAY Seasoning over cooked corn-on-the-cob. -OR-
Put 6 ears corn on individual sheets of aluminum foil. Brush with mixture of 1/2 cup softened butter, 2 tsp. OLD BAY Seasoning. Wrap tightly. Cook on grill 20 minutes. Turn occasionally.

POTATO SALAD

Blend in 1 teaspoon OLD BAY Seasoning to 4 cups of your favorite potato salad recipe.

ROASTED POTATO WEDGES

Blend 2 teaspoons OLD BAY Seasoning with 1 Tablespoon oil. Coat 1 pound potato wedges. Bake in 400°F oven 25-30 min. or until tender.

SALADS

LIGHT SALMON PASTA SALAD

Bake salmon with Golden Dipt Fat Free Lemon Butter Dill Cooking Sauce, mix with cooked pasta and vegetables.

SHRIMP SALAD

Blend 2 teaspoons OLD BAY Seasoning, 1/2 cup mayonnaise into 1 pound cooked, peeled, deveined shrimp. 1/3 cup chopped celery and 2 teaspoons lemon juice. Serve on bed of lettuce.

KRAB SALAD

Blend 1/2 cup Golden Dipt Fat Free Honey Mustard and 2 Tbsp. low-fat plain yogurt. Mix with 1 package surimi seafood (imitation crab meat), 1 chopped avocado and 1/2 cup chopped celery. Serve on bed of lettuce. Garnish with alfalfa sprouts.

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2 ounces (about 50 be JELLY BELLY® jell beans, Blueberry an Very Cherry flavors

Trim dark crust from top sides of cake. Cut cake cr wise into six slices, then each slice into two, crea two 1 1/2 inch cubes f

CREATE YOUR OWN HAPPY ENDING

PREP TIME — COOK TIME

SPICY MARINATED CHICKEN KABOBS

Marinade:
1/4 cup vegetable oil
2 Tbsp. cider vinegar
2 tsp. OLD BAY® Seasoning
1 tsp. McCormick®/Schilling® parsley flakes
1/4 tsp. McCormick/Schilling ground black pepper

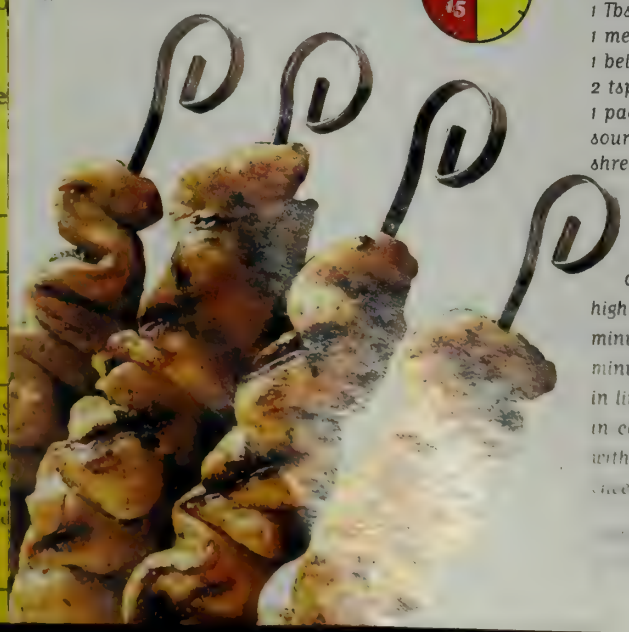
1 lb. boneless, skinless chicken breasts
Assorted vegetable pieces (optional)

In plastic bag or glass dish combine marinade ingredients; mix well. Cut chicken breasts in 1-1/2 inch cubes. Add to marinade: toss to coat. Refrigerate 20 minutes. Remove chicken from marinade; discard marinade. Spear chicken and vegetables, if desired, on skewers. Grill skewers 10-15 min., turning frequently.

***TIP:** Use as a marinade for whole boneless, skinless chicken breasts. Grill or broil.*

Makes 4 servings.
Side dish: Tossed salad





GRILLED CAJUN CHICKEN SALAD

1 lb. boneless, skinless chicken breasts
1/2 cup Golden Dipt® Cajun Marinade
4 cups tossed salad

Place chicken breasts in shallow dish. Pour Golden Dipt Cajun Marinade over chicken and refrigerate 15 minutes. Grill or broil 7-8 minutes per side or until done. Slice and place over prepared tossed salad. Moisten with your favorite dressing. Serve.

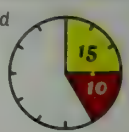


Makes 4 servings.
Side dish: Bread sticks

SPICY CHICKEN FAJITAS

1 1/2 lbs. boneless, skinless chicken breasts, cut in strips
1 Tbsp. OLD BAY Seasoning
1 Tbsp. oil
1 medium onion, cut in thin strips
1 bell pepper, cut in thin strips
2 tsp. lime juice (optional)
1 package (8-inch) flour tortillas
sour cream
shredded cheese

Sprinkle chicken strips with OLD BAY, set aside. Heat oil in large skillet over medium high heat. Add seasoned chicken strips, sauté 5 minutes. Stir in onion and pepper. Sauté 2-3 minutes or until vegetables are crisp-tender. Stir in lime juice, if desired. Divide mixture evenly in center of each heated flour tortilla. Garnish with sour cream and shredded cheese if desired. Fold over.



10 Fajitas
ish: Mexican rice

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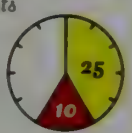
PREP TIME COOK TIME

GRILLED TUNA SALAD with WALNUTS

1 lb. tuna steaks
1/2 cup Golden Dipt Fat Free Honey Mustard
1 cup chopped California walnuts
4 cups tossed salad

Place tuna steaks in shallow dish. Pour Golden Dipt Fat Free Honey Mustard Marinade over steaks and refrigerate 15 minutes. Grill or broil tuna steaks 8-10 minutes per inch of thickness or until fish flakes easily with fork. Flake tuna and place over prepared tossed salad. Sprinkle with California walnuts. Moisten salad with 1-2 Tbsp. Golden Dipt Fat Free Honey Mustard Marinade.

TIP: For extra flavor, toast walnuts at 350°F 6-7 minutes.

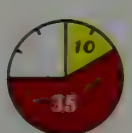


Makes 4 servings.
Side dish: Bread sticks

STEAMED SEAFOOD FEAST

1/2 cup OLD BAY Seasoning
water and vinegar
3 lbs. seafood (crabs, shrimp, clams or mussels)
4 ears fresh corn, still in husk (optional)
new potatoes

In a large steamer pot with a raised rack at least 2 inches high, add equal amounts vinegar and water to just below level of steamer rack. Layer crabs; sprinkle each layer with OLD BAY Seasoning. Place ears of corn in single layer, if desired. Cover and steam approximately 35 minutes. During the last 15 minutes of cooking, add additional layers of seafood (shrimp, clams, mussels); sprinkle with Old Bay Seasoning. Steam crabs until red, shrimp until pink and clams or mussels until they open.



Makes 4 servings.
Side dishes: Baked potato
Tossed salad



SPECIAL ADVERTISING INSERT

GRILLED SALMON FILLETS

1 lb. salmon fillets
1/2 cup Golden Dipt Fat Free Honey Soy Marinade

Place salmon fillets in shallow dish. Pour Golden Dipt Fat Free Honey Soy Marinade over fillets and refrigerate 15 minutes. Grill or broil fillets 8-10 minutes per inch of thickness or until fish flakes easily with a fork.

TIP: For extra flavor, brush on fresh marinade during the last few minutes of cooking.



Makes 4 servings.
Side dishes: Squash medley
Tossed salad

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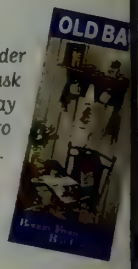


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The Candy Bar Nature Intended.®

Outdoor Recipes

continued from page 205

Nutrition facts per tablespoon: 76 cal., 7 g total fat (2 g sat. fat), 11 mg chol., 73 mg sodium, 1 g carbo., 0 g fiber, 1 g pro. Daily Values: 4% vit. A, 0% vit. C, 0% calcium, 0% iron.

DILLED HUMMUS SPREAD

Your blender makes quick work of this Mideastern sandwich spread. Serve it with pita bread.

- 1 15-oz. can garbanzo beans, rinsed and drained
- ¼ cup tahini (sesame paste) or 3 Tbsp. creamy peanut butter plus 1 Tbsp. sesame oil
- 3 Tbsp. lemon juice
- 1 Tbsp. olive oil or cooking oil
- 2 cloves garlic, minced
- 2 tsp. snipped fresh dill or ½ tsp. dried dillweed
- ¼ tsp. salt
- Dash ground red pepper

In a blender container or food processor bowl combine garbanzo beans, tahini or peanut butter and sesame oil, lemon juice, olive oil, garlic, dill, salt, and red pepper. Cover and blend or process till the mixture is smooth, stopping and scraping the sides as necessary.

Transfer to a storage container; cover and chill till ready to serve or for up to 1 week. (To tote, pack the storage container with ice.) Stir the spread before serving. Makes about 1½ cups.

Nutrition facts per tablespoon: 36 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 89 mg sodium, 3 g carbo., 1 g fiber, 1 g pro. Daily Values: 0% vit. A, 3% vit. C, 0% calcium, 3% iron.

HONEY WHOLE WHEAT BREAD

Homemade bread makes picnic sandwiches [illegible] st that much better. [illegible] time is too short for baking, a stop by the bakery on the way will net some hearty, crusty loaves to round out your picnic.



- 3 to 3½ cups all-purpose flour
- 1 pkg. active dry yeast
- 1¾ cups water
- 3 Tbsp. honey or ¼ cup packed brown sugar
- 3 Tbsp. butter or margarine
- 1 tsp. salt
- 2 cups whole wheat flour
- Milk
- Toasted wheat germ (optional)

In a bowl stir together 2 cups all-purpose flour and the yeast; set aside.

In a saucepan heat and stir water, honey, butter, and salt just till warm (120° to 130°) and butter is almost melted. Add to flour mixture. Beat for 30 seconds, scraping bowl. Beat for 3 minutes. Stir in whole wheat flour and as much of the remaining all-purpose flour as you can.

On a lightly floured surface, knead in enough remaining all-purpose flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once. Cover; let rise in a warm place till double (about 1 hour).

Punch dough down. Divide in half. Cover; let rest for 10 minutes. Lightly grease 2 baking sheets. Shape each portion into a round loaf. Place on prepared baking sheets. Cover; let rise in a warm place till nearly double (about 45 minutes).

Brush loaves with milk. If desired, sprinkle with wheat germ. Bake in a 375° oven for 40 to 45 minutes or till bread sounds hollow when tapped with fingers. If necessary, cover loosely with foil the last 15 minutes to prevent overbrowning. Cool on wire racks. (To tote, place cooled breads in storage containers.) Makes 2 loaves (32 servings).

High altitude directions: Prepare the bread as directed, except knead the dough for 8 minutes. Punch down the dough 30 minutes into the first rising, and again at the end of 1 hour.

Nutrition facts per serving: 80 cal., 1 g total fat (1 g sat. fat), 3 mg chol., 79 mg sodium, 15 g carbo., 1 g fiber, 2 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 5% iron.

SADDLEBAG TRAIL MIX

Let the kids stir together a batch of this high-energy snack mix. It's perfect for hiking, biking, or backyard munching.

- 2 cups raisins
- 2 cups dried banana chips
- 2 cups unsalted dry roasted peanuts
- 1 6-oz. pkg. mixed dried fruit bits (1⅓ cups)

In a storage container combine raisins, banana chips, peanuts, and fruit. Store in a cool, dry place for up to 1 week. (To tote, take the container or divide among small resealable plastic bags.) Makes about 7 cups.

Nutrition facts per ¼ cup: 172 cal., 9 g total fat (4 g sat. fat), 0 mg chol., 6 mg sodium, 22 g carbo., 1 g fiber, and 3 g pro. Daily Values: 1% vit. A, 2% vit. C, 0% calcium, and 3% iron.

CHOCOLATE TOFFEE BARS

Skip a mixing bowl by stirring the batter in the saucepan used for melting.

- ½ cup butter or margarine
- 1 cup packed brown sugar
- 2 slightly beaten eggs
- 2 tsp. vanilla
- 1½ cups all-purpose flour
- 1½ tsp. baking powder

continued on page 210

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Outdoor Recipes

continued from page 208

¼ tsp. salt
1 6-oz. pkg. (1 cup) semisweet chocolate pieces
Powdered sugar (optional)

In a medium saucepan melt butter or margarine and brown sugar; cool to lukewarm. Stir in eggs and vanilla. Sprinkle flour, baking powder, and salt over butter mixture. Stir just till mixture is smooth. Stir in all but 2 tablespoons of the chocolate pieces; transfer to a greased 11x7x1½-inch baking pan. Sprinkle with reserved chocolate pieces.

Bake in a 350° oven for 25 to 30 minutes or till a toothpick inserted near center comes out clean. Cool in pan on a wire rack. If desired, sprinkle with powdered sugar. Cut into bars. (To tote, cover pan with plastic wrap.) Makes 18 bars.

Nutrition facts per serving: 170 cal., 8 g total fat (3 g sat. fat), 37 mg chol., 122 mg sodium, 23 g carbo., 0 g fiber, 2 g pro. Daily Values: 5% vit. A, 0% vit. C, 3% calcium, 6% iron.



LAID-BACK SUMMER COOKING

Like many of us, Stevie Bass and her family think the simple life is the only life, especially during the summer. Stevie, her husband Don, and their children Jesse and Nick make an annual trek to their self-made paradise in the hills of New Mexico, where we photographed them and their favorite summer foods.

The slower pace of cabin life gives the family a chance to enjoy a back-to-nature lifestyle. To keep the cooking easy, Stevie has compiled a notebook of menus and recipes she can pull together quickly when friends drop by. The family's favorites appear on the previous pages. Besides using her menu book, Stevie has come up with a few hints to simplify cooking. After all, like anyone on vacation, she wants to relax too.

- Stock up on mixes that can be fixed up to taste like homemade. That way, you don't need a lot of from-scratch ingredients. Stevie likes biscuit mix and refrigerated dough for making muffins, quick breads, toppers, pancakes, and desserts.
- Use readymade condiments, such as pickle relish, pesto, and mustard, to flavor sauces and salad dressings. For example, Stevie adds relish to potato salad dressing and pesto to cream cheese for a sandwich spread.
- Pick up versatile canned fruits and vegetables, such as tomatoes and peaches, to use in desserts and salads and skip chopping or peeling.
- Mix batters and salads in the pan or serving bowl to save on dishes.

Good Food

continued from page 99

AS-YOU-LIKE-IT PILAF

1 14½-oz. can vegetable broth
1 medium onion, chopped
½ cup lentils, rinsed and drained
½ cup long grain rice
1½ tsp. dried basil, crushed
1 tsp. finely shredded lemon peel
1½ cups small broccoli florets
2 stalks celery, thinly sliced
3 medium skinless, boneless chicken breast halves (12 oz.)
1 Tbsp. olive oil
2 plum tomatoes, chopped
Romaine or spinach leaves
Finely shredded Parmesan cheese (optional)
Sliced cucumbers and tomatoes (optional)

In a 3-quart saucepan combine the vegetable broth, chopped onion, lentils, uncooked rice, ¾ teaspoon of the basil, the lemon peel, ¼ cup water, ⅛ teaspoon salt, and ⅛ teaspoon pepper. Bring to boiling; reduce heat. Cover and simmer for 20 minutes, adding the broccoli florets and sliced celery during the last 5 minutes of cooking.

Meanwhile, in a 10-inch skillet brown the chicken on both sides in olive oil. Sprinkle the chicken with half of the chopped tomatoes, remaining basil, and additional salt and pepper, as desired. Cover and cook over medium-low heat about 12 minutes or till chicken is tender and no longer pink.

Remove the lentil mixture from the heat. Let stand for 5 minutes. Stir remaining chopped tomato into the pilaf just before serving.

To serve, divide the lentil mixture among romaine- or spinach-lined plates, allowing 1½ cups for a vegetarian entrée or ⅔ cup mixture for a chicken-pilaf entrée. Arrange chicken on smaller pilaf portions. If desired, serve with Parmesan cheese. Garnish with sliced cucumber and sliced tomato, if desired. Makes 5 cups pilaf; enough for 2 vegetarian entrées plus 3 chicken-pilaf entrées.

Nutrition facts per vegetarian serving: 219 cal.,1 g total fat (0 g sat. fat), 0 mg chol., 641 mg sodium, 47 g carbo., 5 g fiber, and 9 g pro. Daily Values: 9% vit. A, 58% vit. C, 7% calcium, and 28% iron.

Nutrition facts per serving with chicken: 175 cal., 4 g total fat (1 g sat. fat), 24 mg chol., 320 mg sodium, 23 g carbo., 3 g fiber, and 14 g pro. Daily Values: 11% vit. A, 30% vit. C, 4% calcium, and 18% iron.

Campbell's®

ONE DISH WONDER



It's as easy as one, two.



Combine.



Bake.



NEW Campbell's One Dish Chicken & Rice Bake

Prep Time: 5 min. Cook Time: 45 min.

- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1 cup water
- 3/4 cup uncooked regular long-grain rice
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 4 skinless, boneless chicken breast halves

1. In 2-qt. shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper.
2. Cover. Bake at 375°F. for 45 min. or until done. Serves 4.

www.campbellsoups.com

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nutrition information

HOW TO MAKE IT WORK FOR YOU

NUTRITION FACTS WITH EVERY RECIPE

With each recipe, you'll find the calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein. You can also check the levels of vitamins A and C, calcium, and iron in each serving. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration.

HOW WE ANALYZE

- The analysis does not include optional ingredients.

Our seal assures you that every recipe has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

- We use the first serving size listed when a range is given (such as "makes 4 to 6 servings").
- When ingredient choices appear in a recipe (such as "margarine or butter"), we use the first one mentioned.
- When milk is an ingredient in a recipe, the analysis is calculated using two-percent milk.

WHAT YOU NEED

The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive to eat each day. There's no real harm in going over or under these guidelines in any single day, but it's a good idea to aim for a balanced diet over the course of time.

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams



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the clever cook™

Each month in this column, you'll find tips from other good cooks. Read "Be a Clever Cook," *right*, to see how you can earn money for sharing your cooking secrets.

POP BOTTLES FOR ICE PACKS

To recycle empty plastic pop containers, we wash them, fill them with water or a favorite fruit drink, then freeze them. Then, when going on a picnic or trip, we use them as the ice in our cooler. Once they melt, you have ice-cold water or a fruit drink to quench your thirst.

Lynette Kittle, Spring Hill, Fla.

LOW-CALORIE LEMONADE

To keep the fresh flavor of lemonade, yet cut down on calories, we prepare one envelope of low-calorie lemonade mix according to the package directions and add a cup of freshly squeezed lemon juice. It tastes almost like homemade.

Alyce Schwab, Santa Barbara, Calif.

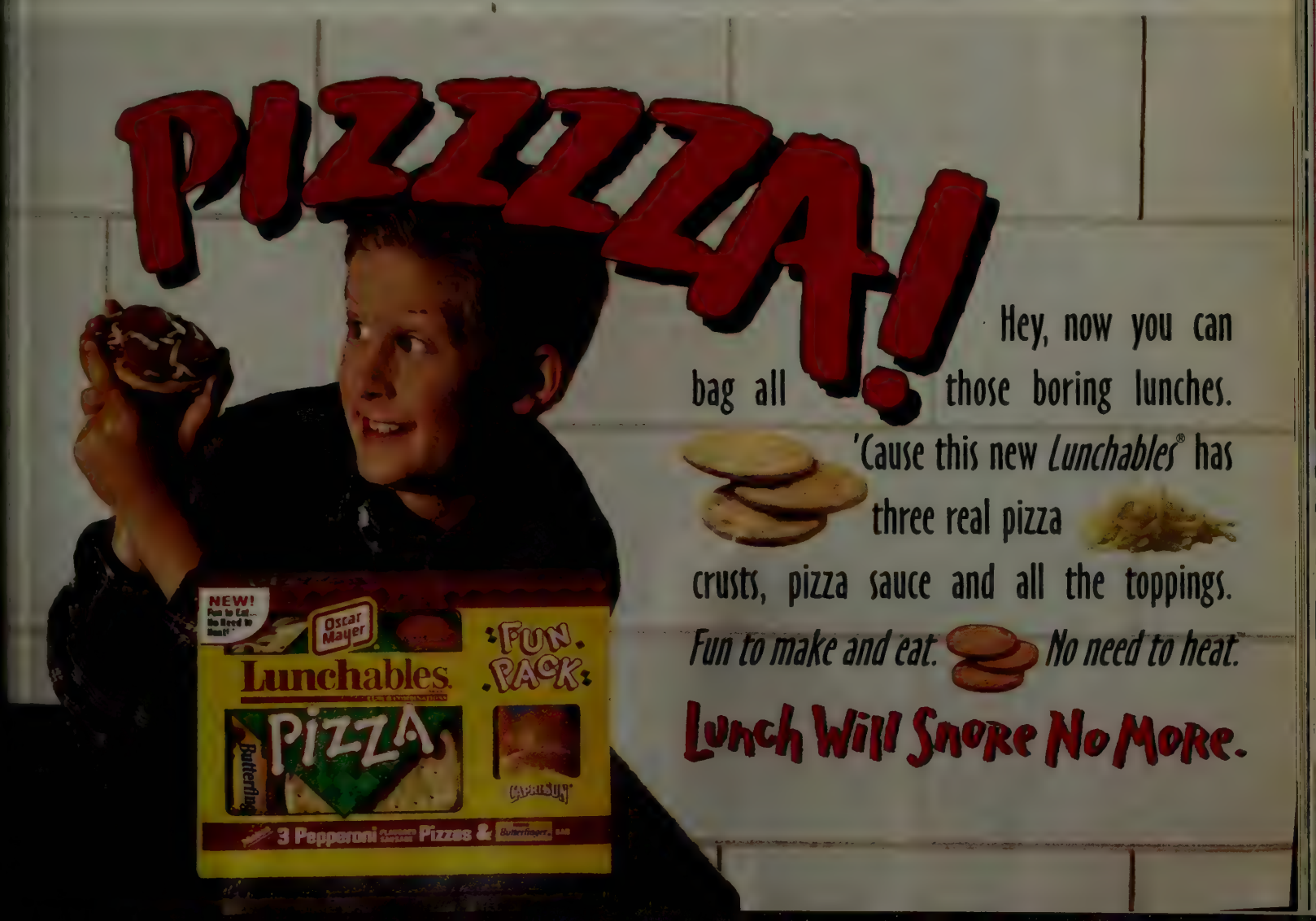
POSTCARD BOOKMARKS

When I picked up a recipe book at my sister's home, I discovered a postcard I had sent her several years earlier. She saves and uses the postcards she receives as bookmarks for her favorite recipes. When she cooks, she reads them again. I had fun reliving memories from our favorite vacation spots.

Patty B. Wolk, Westport, Conn.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. This month, we are looking for original, clever ideas that relate to holiday cooking. We will pay $25 for each published tip. Send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.



by David Feder, R.D.

Fishing for Compliments



Once upon a time fixing dinner for friends meant health concerns got tossed overboard. Entertaining today virtually demands taking your guests' health and nutrition into consideration. And fish fits the light dining bill easily. Viewed as the nouveau party dish, it's quick to prepare, low in saturated fat, and tastefully satisfying.

POACHED SALMON WITH DILLED SOUR CREAM

Easier to fix than it looks, this elegant dish can be made the evening before and kept chilled.

- 1½ lb. fresh or frozen salmon fillets
- ⅛ tsp. coarse ground white pepper
- ⅔ cup dry white wine
- ⅓ cup water
- 1 tsp. coriander seed
- 3 star anise or ½ tsp. anise seed
- ½ lemon, cut into thick slices
- 1 large cucumber, peeled
- 1 head Bibb or Boston lettuce, torn
- 1 recipe Dilled Sour Cream
- Fresh dill (optional)
- Cucumber slices (optional)

Thaw fish, if frozen. Remove any skin from fish; cut fish into four portions, if necessary. Measure thickness of fish. Sprinkle fish with pepper.

In a large skillet combine the wine, water, coriander, star anise or anise seed, and lemon slices. Bring to boiling. Reduce heat to simmering. Gently add the fish fillets; cover and simmer for 4 to 6 minutes for each ½ inch of thickness or till fish just flakes when tested with a fork. Carefully remove the fish fillets with a slotted spatula. Cover and chill for several hours or overnight.

To serve, use a sharp vegetable peeler to peel cucumbers lengthwise into wide, paper-thin slices. Wrap fish in cucumber slices. Serve on lettuce. Spoon the Dilled Sour Cream over each serving. If desired, garnish with fresh dill and cucumber slices. Makes 4 servings.

Dilled Sour Cream: In a small mixing bowl combine ½ cup light dairy sour cream, 1 tablespoon snipped fresh dill, and 1 tablespoon lime juice. Add salt and pepper to taste. Chill before serving.

Nutrition facts per serving: 217 cal., 8 g total fat (2 g sat. fat), 35 mg chol., 141 mg sodium, 8 g carbo., 1 g fiber, 27 g pro. Daily Values: 12% vit. A, 16% vit. C, 6% calcium, 10% iron.

FISH FACTS

When buying fresh fish, look for firm, almost translucent flesh that springs back when touched. Fresh fish has almost no odor at all. Handle fresh fish as little as possible and store it, for no more than a day or two, at 38° or less.

Hey, Dad! Isn't It Your Night To Cook?



Quick Mexican Pizza

2 cups (8 oz.) shredded Colby/Monterey Jack cheese
1/2 lb. ground beef
4 flour tortillas (10 in.)
1 cup salsa
1 1/2 tsp. chili powder
1/2 tsp. cumin
green/red peppers, onions, mushrooms, etc. (as desired)

Cook meat, drain. Stir in seasonings. Spread 1/4 cup salsa and 1/2 cup meat mixture on each tortilla. Top each with 1/2 cup cheese and desired toppings. Bake in preheated 400°F oven 8-10 minutes or until crisp and lightly browned. Makes 4 servings.

For more quick, easy cheese ideas write: Cheese, P.O. Box 2304 Libertyville, IL 60092
http://homearts.com/dairy/cheese1.htm

Cheese To the Rescue!℠

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by Julia Malloy

Turn a New Leaf

Turn a new leaf in your salad bowl by tossing in something other than lettuce. You already may have tasted some of these leafy alternatives without knowing them by name because they're often included in packaged mixed greens. Besides looking prettier than plain lettuce, they have more flavor, adding a pinelike or spicy note to salads. Another plus—their bright colors are an indication of the nutrition punch they add. Look over the choices below, then mix and match them with more common salad greens.



1. **Flowering kale:** Also called salad savoy. Large, frilly leaves that may be purple, pink, green, or creamy white. Cabbagelike flavor.
2. **Sorrel (SOR-uhl):** Also known as sour-grass. Looks like garden spinach, with smaller, lighter green leaves and pointed notches at the base. Lemony, sweet-sour flavor.
3. **Curly endive:** Otherwise known as chicory. Frilly, narrow, prickly leaves. A pleasantly bitter tang. Baby endive is softer than mature curly endive.
4. **Mustard greens:** Round frilly-edged green leaves. Spicy mustard flavor.
5. **[illegible] (ah-ROO-guh-lah):** Also called rocket. Long green leaves that are notched. Zesty, peppery flavor.
6. **Radicchio (rah-DEE-kee-oh):** Looks like a small red cabbage, with purplish-red leaves and white veins. Tangy, slightly bitter flavor.
7. **Watercress:** Tiny round green leaves with delicate stems that grow in clumps. Slightly pungent, peppery flavor. The darker and larger the leaves, the better the watercress.

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nics said that a delicious 97% Fat Free Smoked Sausage just wasn't possible. Well, we took that as a challenge. Working squirrels in November, we assembled a hearty selection of meats so our 97% Fat Free Smoked Sausage would be thy of Hillshire Farm's name. Now to make a smoked sage right, you've got to give it a woodsy flavor. So we patiently slow-smoked ours over smoldering hickory, maple, birch and beech embers. Excessive? In the name of tasty sausage, we say nothing is excessive. Well, that's how our delicious 97% Fat Free Smoked Sausage came to be. Those who once laughed at our lofty goals can now hear us laugh louder. After all, without dreamers there would be no low-fat smoked sausage.



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by Carla Waldemar

Today's Tuna Salad

Hold the mayo. Hold the celery. Hold the tuna salad served between soggy slices in the school cafeteria. As the kids would say with their customary candor, "Bor-ing."



The tuna salad of today doesn't need to take refuge in a plain brown wrapper. Our version features meaty steaks rubbed with aromatic seasonings, then grilled and given a place of honor atop a bed of frilly greens and crisp, fresh vegetables. Drizzle this "new" tuna salad with a full-flavored vinaigrette dressing, then serve it for lunch, brunch, or light summer supper, accompanied by crusty bread.

NOT-YOUR-LUNCH-BOX TUNA SALAD

The dressing can be made ahead and stored, covered, in the refrigerator. Rub the fish with herbs shortly before grilling; to retain juiciness and flavor, do not overcook.

- 12 oz. fresh or frozen tuna steak, cut about 1 inch thick
- 8 oz. fresh green beans, trimmed
- 1 Tbsp. olive oil
- 2 to 3 Tbsp. snipped fresh rosemary or ½ to 1 tsp. dried rosemary, crushed
- 1 tsp. cracked black pepper
- 1 10-oz. pkg. torn, mixed salad greens or mesclun mix
- 8 medium radishes, sliced
- 1 medium cucumber, sliced
- 1 recipe Sesame-Soy Dressing
- Lemon wedges (optional)

Thaw fish, if frozen. In a medium saucepan cook beans, covered, in a small amount of boiling salted water for 20 to 25 minutes or till crisp-tender. Drain and set aside. Meanwhile, brush both sides of tuna lightly with olive oil. Sprinkle both sides of the fish with rosemary and pepper, pressing to adhere. Grill tuna on the greased rack of an uncovered grill directly over medium coals for 8 to 12 minutes or till the fish begins to flake easily, turning once.

Arrange the salad greens on 4 individual serving plates. Place tuna atop greens. Arrange cooked beans, radish slices, and cucumber slices around tuna. Shake dressing; drizzle over salads. Garnish with lemon wedges, if desired. Makes 4 main-dish servings.

Sesame-Soy Dressing: In a screw-top jar combine 2 tablespoons salad oil, 2 tablespoons lime juice, 1 tablespoon toasted sesame oil, 1 tablespoon reduced-sodium soy sauce, 1 tablespoon water, ½ teaspoon sugar, and ½ teaspoon freshly grated gingerroot or ¼ teaspoon ground ginger. Cover and shake well. Use immediately or chill till needed. Makes about ½ cup dressing.

Nutrition facts per serving: 302 cal., 19 g total fat (3 g sat. fat), 35 mg chol., 306 mg sodium, 10 g carbo., 3 g fiber, and 24 g pro. Daily Values: 67% vit. A, 35% vit. C, 5% calcium, and 17% iron.



Fresh strawberries call for fresh shortcake.
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Strawberry Shortcakes

2 pints strawberries, sliced
2/3 cup sugar
2 1/3 cups Bisquick® Original baking mix
1/2 cup milk
3 tbsp sugar
3 tbsp margarine or butter, melted
Sweetened whipped cream

Sprinkle strawberries with 2/3 cup sugar; let stand 1 hour.

Heat oven to 425°. Stir remaining ingredients except whipped cream until soft dough forms. Gently smooth into ball on board lightly dusted with baking mix. Knead 8 to 10 times. Roll 1/2-inch thick.

Cut with 3-inch cutter. Place on ungreased cookie sheet.

Bake 10 to 12 min or until golden brown. Split shortcakes; fill and top with strawberries. Top with whipped cream. 6 servings.

Drop Shortcakes: After stirring, drop dough by 6 spoonfuls onto ungreased cookie sheet. Bake 10 to 12 min or until golden brown.

High Altitude: Heat oven to 450°. Decrease the 3 tbsp sugar to 1 tbsp.

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Simple Solutions for Cooking in a Hurry

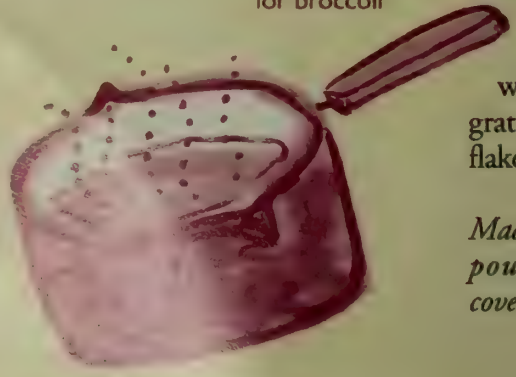
A simple recipe can make you a better cook even when you have no time and find yourself so exhausted from a hectic day you can't bring yourself to boil water. Especially, if you have the right ingredients...and the right cookware.

Here is a simple dinner that cooks in no time--an easy, great recipe made even easier with Solutions by Revere.

Very Easy Broccoli Pasta

- 1/2 head broccoli*
- 1/2 lb. pasta (ziti, elbows, spirals, or shells)
- 2 1/2 qts. water
- 1 tsp. salt
- parmesan cheese
- olive oil
- 1-2 cloves garlic (optional)
- red pepper flakes to taste (optional)

*1/2 bunch cauliflower can be substituted for broccoli



1 Boil water for pasta according t package directions. Add salt an 1 tsp. olive oil. 2 Cut cauliflow or broccoli into small floret If using garlic, peel cloves. 3 Whe water is at a rolling boil, add past broccoli or cauliflower, and garli Cook together according to pas package directions. 4 Whe cooked, drain all. Remov garlic. Spoon pasta an vegetable into bowls. To with parmesan cheese (freshl grated, if possible) and red pepp flakes. Drizzle with olive oil. Serves 2

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Fig. 2. The colander's built right into the lid.



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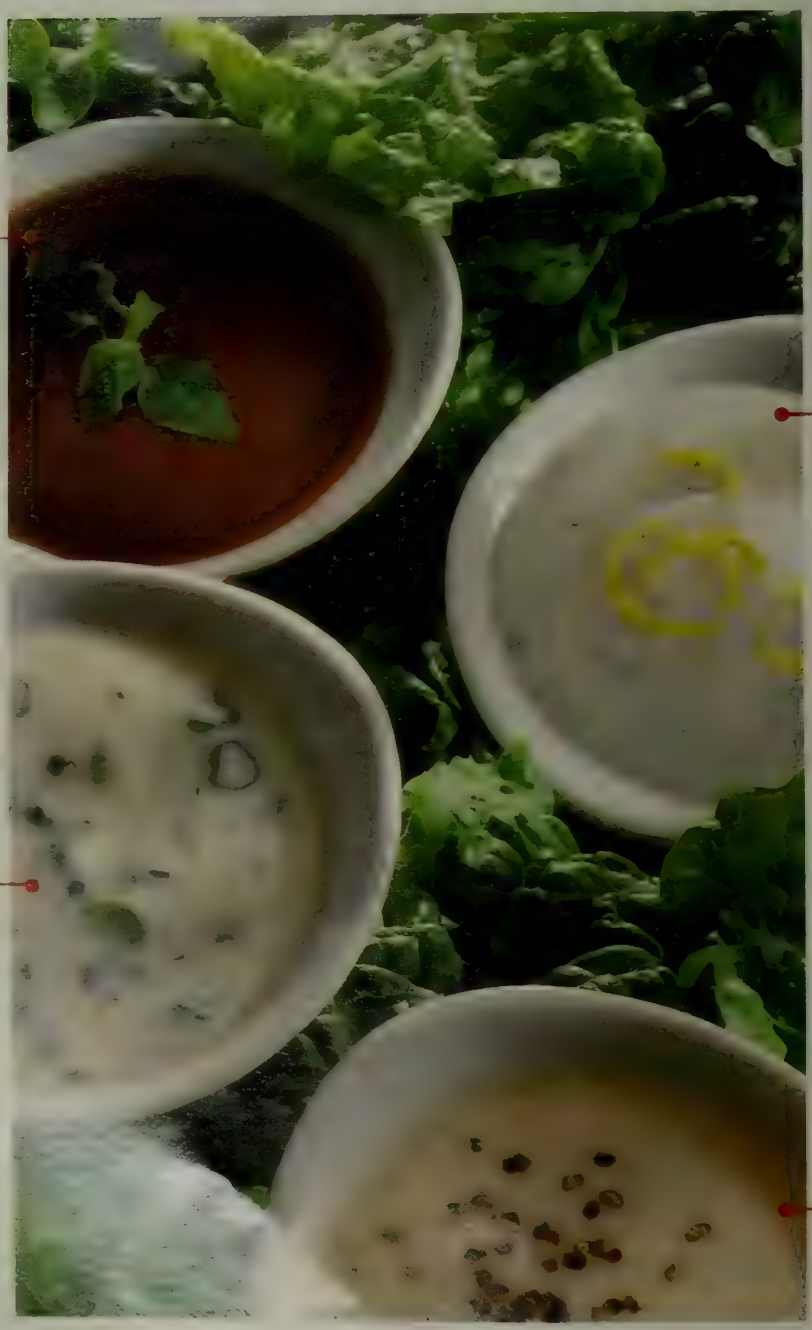
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by Julia Malloy

Slim Salad Dressings

All dressed up, these salad toppers have everywhere to go. Low in fat and calories, they give your salads a delicious lift, without forking over your light eating plans. Each dressing contains less than 2 grams of fat per tablespoon. Compared to 9 grams in a regular salad dressing, that's quite a nutrition bargain. Try them on your favorite salad combinations and see for yourself.



HERBED TOMATO VINAIGRETTE

In a blender combine ½ cup water; 3 tablespoons vinegar; 2 tablespoons snipped, oil-packed, dried tomatoes; 2 tablespoons oil from tomatoes or olive oil; 2 teaspoons snipped fresh oregano or ½ teaspoon dried oregano, crushed; 1½ teaspoons sugar; and a dash salt. Cover; blend till smooth. Chill for up to 1 week. Shake before serving. Serve over seafood or green salad. Makes 1 cup. *Nutrition facts per tablespoon:* 18 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 11 mg sodium, 1g carbo., 0 g fiber.

CREAMY LEMON-MINT DRESSING

In a small bowl stir together an 8-ounce container plain low-fat yogurt; 1 to 2 tablespoons lemon juice; 2 teaspoons snipped fresh mint or ½ teaspoon dried mint, crushed; ½ teaspoon finely shredded lemon peel; and ¼ teaspoon salt. Cover and chill for up to one week. Stir before serving. Serve over fruit or meat salads. Makes 1 cup. *Nutrition facts per tablespoon:* 9 cal., 0 g total fat (0 g sat. fat), 1 mg chol., 43 mg sodium, 1 g carbo., 0 g fiber, and 1 g pro.

CREAMY CILANTRO DRESSING

In a small bowl stir together ½ cup buttermilk, 2 tablespoons thinly sliced green onion, 2 tablespoons nonfat dairy sour cream, 1 tablespoon snipped fresh cilantro, and 1 tablespoon Dijon-style mustard. Cover and chill for up to 1 week. Stir before serving. Serve over seafood or chicken salads or Tex-Mex salads. Makes about ⅔ cup. *Nutrition facts per tablespoon:* 9 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 48 mg sodium, 1 g carbo., 1 g pro.

HONEY-CANTALOUPE DRESSING

In a blender container or food processor bowl cover and blend 1 cup cut-up cantaloupe till smooth. Stir in ½ cup vanilla low-fat yogurt and 1 tablespoon honey. Cover and chill till serving time or up to 2 days. Stir before serving. Serve over fruit salads. Makes 1¼ cups. *Nutrition facts per tablespoon:* 12 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 2 g carbo., 0 g fiber, and 0 g pro.

One-Pan Potatoes and Pork Provencale



medium potatoes, cut into 3/4-inch cubes & microwaved 6 to 10 minutes until tender
Tbsp. vegetable oil
lb. lean pork, cut into thin strips
cup cherry tomatoes
3 cup orange marmalade
Tbsp. Dijon-style mustard

hile potatoes cook, heat oil in large skillet ver high heat. Add pork and toss until ooked. Drain. Add potatoes and tomatoes; ook and toss 3 minutes. Add marmalade nd mustard; toss until marmalade is elted. Season with salt and pepper.

ime: 20 minutes Servings: 4
Serving: 375 cal., 12 g fat, 50 mg chol., mg sodium, 50 g carb., 5 g fiber, 20 g pro.

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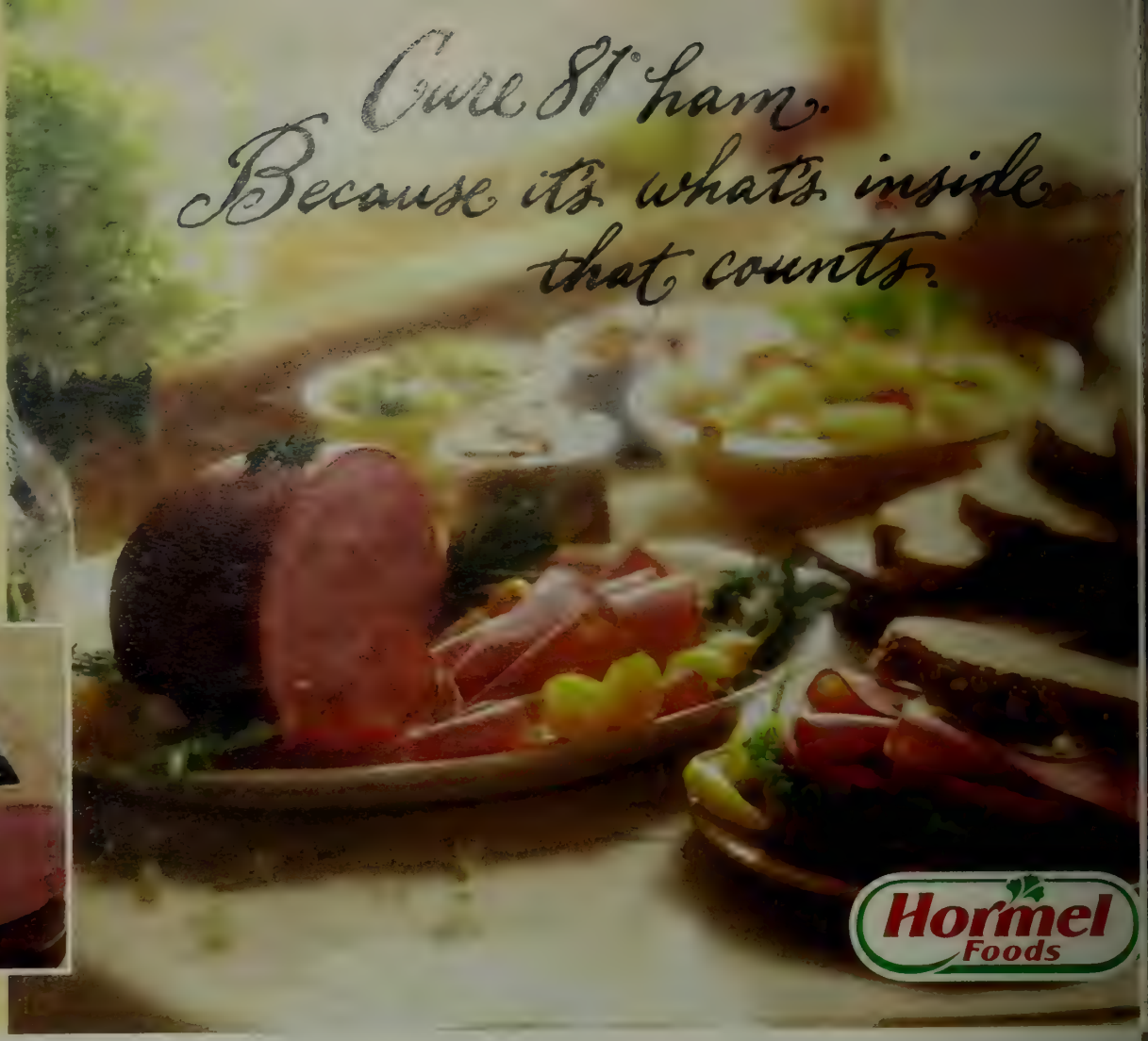

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CURE 81® ham.





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FOOD

Baby Those Pickles

Baby vegetables are not always what the name suggests—young or immature vegetables. Instead, some are fully ripe vegetables bred to stay small. They are usually more tender and delicate in flavor. This makes baby vegetables prime candidates for pickling. The brine acts as a fountain of youth, keeping them crisp-tender for munching long past summer's harvest. Another plus: baby vegetables are the right size to pickle, so you save time on the peeling or slicing that pickle-making can demand.

BABY VEGETABLE PICKLES

Baby zucchini, squash, and carrots may come with flowers or tops, which should be discarded before pickling. Though available year-round, peak season for baby zucchini and squash is May through October.

- 8 oz. tiny whole carrots
- ½ cup pearl onions
- ½ cup pickling salt
- 8 cups water
- 8 oz. whole tiny zucchini
- 8 oz. whole tiny yellow squash
- 1 small head cauliflower, broken into florets (1¾ cups)
- 8 sprigs fresh thyme, marjoram, or oregano, or four 2-inch sprigs fresh tarragon
- 4 to 8 small hot red peppers or jalapeño peppers
- 3 cups white vinegar
- 1 cup sugar

Scrub carrots. Remove onion skins. In a covered saucepan cook carrots and onions in a small amount of boiling water for 5 minutes. Drain. If desired, halve squash lengthwise.

In a large nonmetal container dissolve salt in water. Add drained carrots and onions, zucchini, yellow squash, and cauliflower. Let stand for 3 hours. Drain; rinse and drain well.

Pack vegetables into 4 sterilized hot pint jars, with 1 or 2 sprigs of desired herb and 1 or 2 red peppers in each, leaving ½-inch headspace.

In a large saucepan combine vinegar and sugar. Bring to boiling. Pour the hot vinegar-sugar mixture over vegetables, leaving ½-inch headspace. Wipe jar rims; adjust lids. Process in a boiling water bath for 10 minutes. (Start timing when the water boils.) Makes 4 pints.

Nutrition facts per serving: A little fiber, and vitamins A and C. No fat.

PICKLE PRINCIPLES

These practical tips for pickling baby vegetables ensure your pints will be safely sealed.

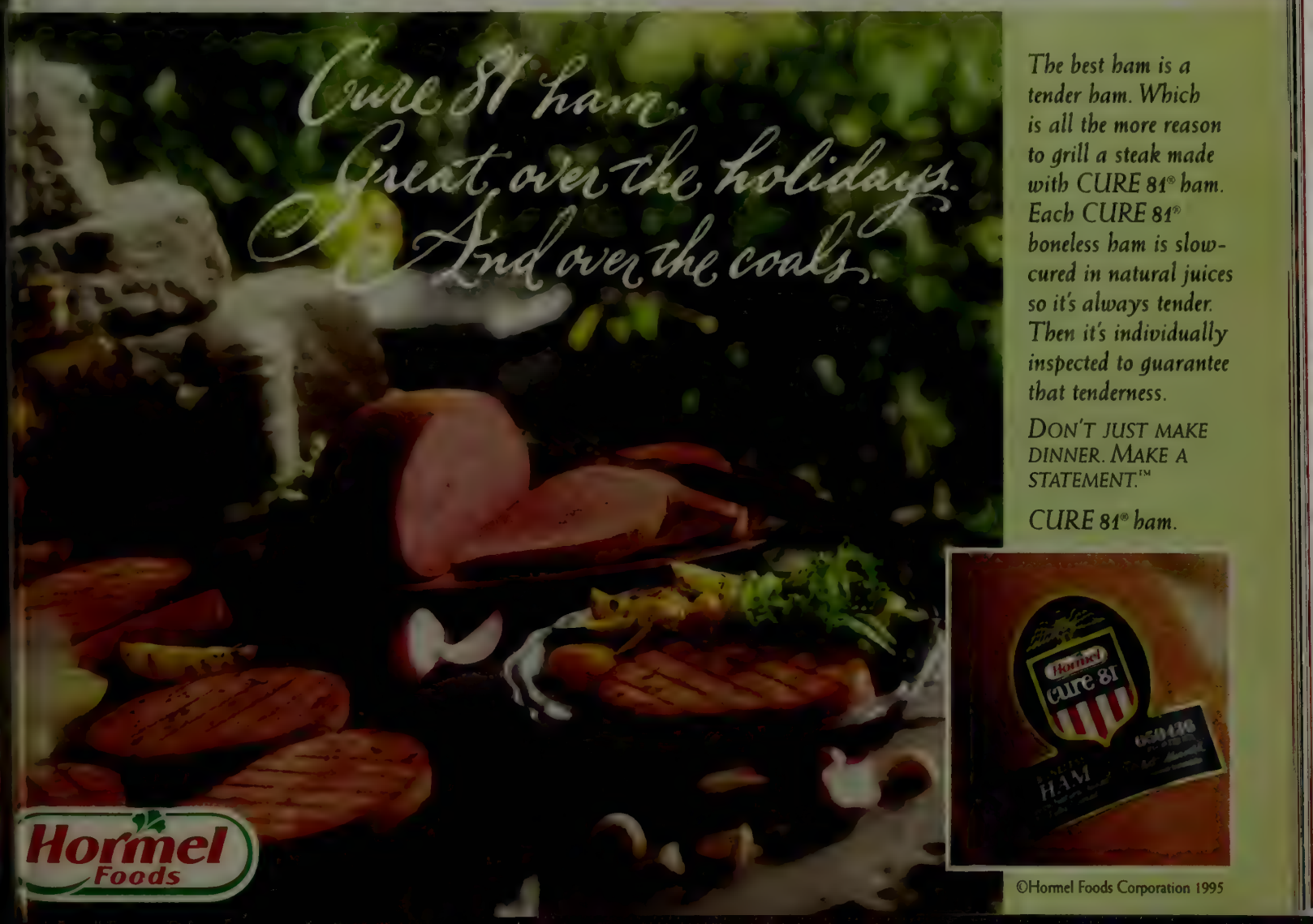
- Select fresh, firm baby vegetables without bruises or blemishes. Using overripe vegetables may cause the pickles to be soft.
- Use pure granulated pickling salt or uniodized table salt for the brine. Iodized table salt can cause the pickles to turn dark.
- Choose utensils made of stoneware, aluminum, glass, or stainless steel. If you use other metals, the acid in the vinegar could cause the surface to rust or oxidize.
- To heat and sterilize jars before canning, cover them with water and boil for 15 minutes.
- When filling the hot sterilized jars, leave a ½-inch headspace at the top. This space allows the food or liquid to expand and forms the vacuum that seals the jars.



SCOTT LITTLE

Pickle some baby vegetables now, then store them for holiday gift-giving.

- After filling the jars, use a flexible spatula or table knife to work out any air bubbles that could be trapped around the vegetables.
- Wipe the rims of the filled jars with a damp cloth or paper towel. Food particles on the rim could interfere with proper sealing.
- Top with the lids, following the manufacturer's directions.
- Place each jar in the canner of boiling water after tightening the lid, making sure the jars do not touch each other. After the last jar has been added, fill the canner with additional boiling water so the water is at least one inch above the tops of the jars.
- After processing, check each jar to be sure it has sealed. To check, turn it upside down to see if it leaks; look for a dip in the lid indicating the vacuum, or tap it with a metal spoon. A sealed jar with no food touching it has a clear ringing sound. Any jar that is not sealed must be repacked and reprocessed with a new lid. If just one jar didn't seal, refrigerate the food and serve it within a week.
- Once you are satisfied that the jar is sealed, remove the metal screw band. Wipe with a clean, damp cloth and label with the product name and date. Store in a cool, dark place.



The best ham is a tender ham. Which is all the more reason to grill a steak made with CURE 81® ham. Each CURE 81® boneless ham is slow-cured in natural juices so it's always tender. Then it's individually inspected to guarantee that tenderness.

DON'T JUST MAKE DINNER. MAKE A STATEMENT.™

CURE 81® ham.

©Hormel Foods Corporation 1995

by Joy Taylor

The Art of the Tart



The crust is so simple to shape, the only tools you'll need are your fingers.



Drizzle a glistening glaze on fruit and serve.



Sprinkle the baked crust with fresh mint or lemon verbena. The soft filling spreads easily.

Those luscious fruit tarts shimmering in a bakery display always catch our eye. So pretty, so fresh, but so pricey! With summer's fruits being so plentiful, you can create a stunning tart at home—simply, easily, and for pennies (well, almost).

FRESH SUMMER FRUIT TART

This recipe is especially easy to make—even for first-time bakers. No rolling pin required! With these step-by-step directions, a fruit tart is as simple as one (bake), two (mix), three (fill).

1. bake the sweet pastry crust

- 1 cup all-purpose flour
- ¼ cup packed brown sugar
- ½ cup butter
- 1 Tbsp. water

In a medium mixing bowl stir together flour and brown sugar. Using a pastry blender, cut butter into the flour mixture till mixture resembles coarse crumbs. Sprinkle the water over the mixture. Toss with a fork till all is moistened. Shape into a ball. Press dough firmly and evenly onto the bottom and up the sides of a 9-inch tart pan with removable bottom or a 9-inch pie plate. Bake in a 400° oven for 10 to 15 minutes or till light brown. Cool completely in pan on a wire rack.

2. mix and chill the no-cook cream filling

- 2 3-oz. pkg. cream cheese, softened
- ½ cup dairy sour cream
- ¼ cup sifted powdered sugar
- 1 tsp. vanilla

In a medium mixing bowl stir together cream cheese, sour cream, sugar, and vanilla till smooth. Cover and chill for up to 4 hours or till ready to fill tart shell.

3. fill and garnish the tart

- 1½ tsp. snipped fresh mint or lemon verbena
- 2 cups desired fresh fruit, such as blueberries, raspberries, sliced strawberries, nectarine slices, or mandarin orange segments
- ¼ cup apricot jam or seedless raspberry preserves

Sprinkle mint onto pastry. Using a spoon, spread cream filling evenly over the tart shell. Arrange fresh fruit atop filling. In a small saucepan heat jam just till melted. Cool. Drizzle melted jam over fruit. Serve immediately. Remove from tart pan. Cut into wedges to serve. Best if used in a day or two. (Crust may get soggy.) Makes 8 servings.

Nutrition facts per serving: 342 cal., 22 g total fat (14 g sat. fat), 61 mg chol., 209 mg sodium, 33 g carbo., 1 g fiber, and 4 g pro. Daily Values: 28% vit. A, 16% vit. C, 4% calcium, and 8% iron.

SHORTCUT to SHORTCAKE

STRAWBERRY SHORTCUT

1 package (12 oz.) pound cake

3 cups strawberries, sliced, sweetened

1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed



***CUT** cake into 14 slices. Place 7 of the cake slices on individual dessert plates.*

***SPOON** about 3 tablespoons of the strawberries over each cake slice. Top each with ¼ cup whipped topping. Repeat layers, ending with a dollop of whipped topping.*

***SERVE** immediately. Makes 7 servings.*

Cool Whip Lite

Cool Whip

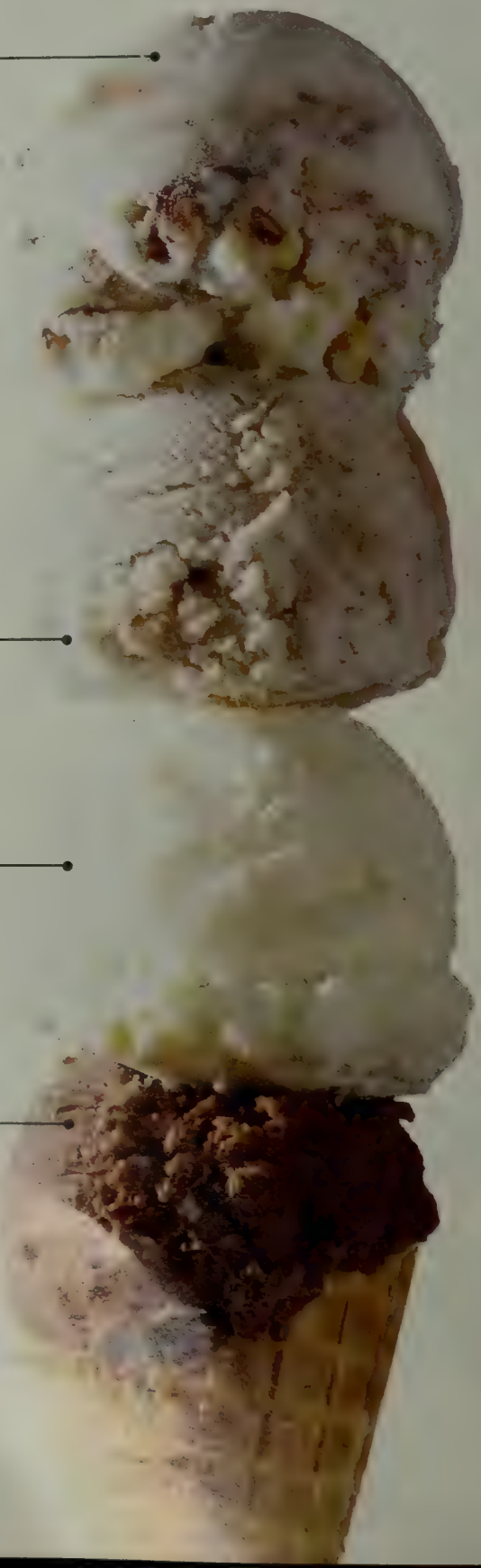
99. THE POSSIBILITIES.

© Kraft Foods, Inc.

by Kristi Fuller, R.D.

No-Cream Ice Creams

Does a medical or dietary limitation, such as lactose intolerance, keep you or another family member from enjoying ice cream? Abstain no more. Using lactose-free milk substitutes, everyone can lick frozen scoops to their heart's content. Choose from four favorite flavors.



HAZELNUT PRALINE

In a heavy skillet cook ½ cup chopped hazelnuts and ¼ cup sugar over medium-high heat (do not stir) till sugar begins to melt, shaking skillet occasionally. Reduce heat to low; cook till sugar turns golden, stirring frequently. Immediately spread on a foil-lined baking sheet. Cool; break up. Prepare Vanilla Ice Cream, stirring in praline chunks before freezing. (If using refrigerator method, fold praline chunks into ice cream after beating.)

CINNAMON

Prepare Vanilla Ice Cream, adding 1 teaspoon ground cinnamon with the gelatin.

LACTOSE-REDUCED

Prepare any of the ice-cream flavors, substituting lactose-reduced milk (see tip, *page 231*) and 3 whole eggs for the 4 egg yolks.

MOCHA

Prepare Vanilla Ice Cream, stirring 3 ounces melted and cooled unsweetened chocolate and 1 teaspoon instant coffee crystals into the gelatin mixture after heating. Beat with a rotary beater till combined. Continue as directed.

LACTOSE-FREE VANILLA ICE CREAM

You can fix this dessert in an ice-cream maker or in your freezer. The ice-cream maker creates a creamier texture.

- ¾ cup sugar
- 1 tsp. unflavored gelatin
- 4 cups milk substitute (see *page 231*)
- 1 vanilla bean or 2 tsp. vanilla
- 4 beaten egg yolks

In a large saucepan combine sugar and gelatin. Stir in milk substitute and vanilla bean, if using. Cook and stir over medium heat till mixture almost boils and sugar dissolves. Stir ½ cup of the hot mixture into yolks (or 3 whole eggs, if preparing lactose-reduced ice cream); return to saucepan. Cook and stir for 2 minutes more. Do not boil. (Mixture may curdle.) Remove from heat. Cool. (Stir in vanilla extract, if using.) Remove vanilla bean. Slit the bean lengthwise; scrape seeds into egg mixture. Discard bean.

Transfer mixture to a 13x9x2-inch baking pan. Cover and freeze about 4 hours or till almost firm. Break into chunks. Transfer to a chilled mixing bowl. Beat with an electric mixer just till smooth but not melted. Return to pan. Cover and freeze till firm. (Or, freeze in a 4-quart ice-cream maker.) Makes about 1½ quarts (12 servings).

Nutrition facts per serving (Vanilla Ice Cream): 111 cal., 2 g total fat (1 g sat. fat), 71 mg chol., 33 mg sodium, 21 g carbo., 0 g fiber, 1 g pro.

continued on page 231

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e last thing
wanted was trouble, but
m a cop.
rouble finds me.
I was in the kitchen
tting on the finishing
ouches to a crisp BLT on
oasted white bread when
rouble hit.
n empty jar of
Miracle Whip.
ut a great excuse
o borrow some from
y beautiful, blue-eyed neighbor
Annie.



thing makes a sandwich like the Tangy Zip of Miracle Whip.

KRAFT
Miracle Whip
Salad Dressing

COOKING MAY NOT BE YOUR FORTE NOW BUT WAIT ANOTHER 10 MINUTES.

Lawry's® created new Chicken Sauté™ so you can cook up surprisingly delicious chicken breasts in no time. Just a couple of spoonfuls is all it takes and voilà! It's ready. Choose from flavors like Lemon Herb, Garlic Italian, Teriyaki or Country Dijon. Be sure to pick up a bottle in the condiment section today. But do try to be modest. With a newly found talent like this, there's bound to be lots of applause.



delicious!



Ice Creams

continued from page 228

MILK SUBSTITUTE SAVVY

Some people suffer from severe lactose intolerance. Others can handle a little lactose. Consult your doctor to pinpoint your tolerance level.

For individuals with severe intolerance, a lactose-free milk substitute, such as Rice Dream, can be a dream come true. Made from organic brown rice, this product is called a non-dairy beverage, though it contains 1 percent milk fat. Unlike cow's milk, rice milk is not a source of calcium, nor vitamins A and D, but an enriched product is available. Look for it in health food stores or next to canned milk in your supermarket in a 32-ounce, shelf-stable box.

Or, look for lactose-free nonfat milk (Lactaid brand), which contains 80 calories per cup and meets 30 percent of an adult's daily calcium requirements. This milk tastes a lot like regular milk and contains no fat. It is fortified with vitamins A and D.

If you have a mild lactose intolerance, try a lactose-reduced milk, such as Dairy Ease. It is available in nonfat or 2 percent milk fat and contains 70 percent less lactose than regular milk. Dairy Ease is fortified with vitamins A and D, contains 90 calories per cup (nonfat) or 130 calories per cup (2 percent milk fat). It also provides about 30 percent of the total calcium required for the day. You'll find it in the dairy case next to regular milk.



FOOD

Fresh Fruit Vinegars



SCOTT LITTLE

Flavorful fruit-infused vinegars, often found in gourmet markets at sky-high prices, can easily be made at home. Start with cider vinegar and fresh fruits, then let the vinegar age two to four weeks before adding it to salads, marinades, and more.

SUMMER FRUIT VINEGAR

- 2 large peaches, peeled, pitted, and chopped; or 2 cups pitted tart red cherries, blueberries, raspberries, or small strawberries
- 4 cups cider vinegar
- 2 cups dry white wine
- Peach wedge, cherries, or berries

In a nonreactive saucepan (such as stainless steel or glass) combine fruit, vinegar, and wine. Stir with a spoon to slightly bruise fruit (do not mash). Heat to boiling. Boil gently, uncovered, for 3 minutes. Cool.

Strain vinegar through 2 layers of 100% cotton cheesecloth. Pour into sterilized bottles. Place fruit (a peach wedge or a few berries) in the bottle for identification. Cap bottle tightly. Let age for 2 to 4 weeks. Store in a cool, dry, dark place for up to one year. Makes about 6 cups.

Nutrition facts per tablespoon: 6 cal 0 g fat (0 g sat. fat), 1 g carbo. ♦

BH&G PRIZE TESTED RECIPES®

Win Money And Prizes

ONE ANNUAL GRAND PRIZE:
GE PROFILE APPLIANCES
(Choose a GE Profile refrigerator, dishwasher, range, or other appliances; up to $5,000 retail value.)
EACH MONTH: TWO $200 WINNERS, TWO $100 WINNERS, SIX HONOR ROLLS
All winners receive a Tupperware Stack Cooker Set (estimated retail value: $50).

How would you like to win cash or products for your home? Each month, send your original recipes that fit the two recipe categories to our Prize Tested Recipes Contest. Then, seven months later, we'll feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Favorite Turkey Ideas: Send in recipes for quick-cooking turkey parts, or ground, deli-style, or leftover turkey. Wing it with casseroles, soups, stews, sandwiches, and pasta dishes. Yours just could be the one the judges gobble up.

Super Snacks and Appetizers: Fast or fancy, what bite-size morsel do you cook up during halftime or allow the kids to make after school? Submit your creative hot or cold ideas for our judges to nibble on.

THIS MONTH'S WINNERS—pages 235 and 236
All winners received a Weber Gas Go-Anywhere Grill.

$200 Winners: Beth P. Sanborn, Mililani, Hawaii; Meri Villane, Colorado Springs, Colo.
$100 Winners: Mrs. Robert L. St. Clair, Covington, Va.; Jennifer G. Sweemer, Cincinnati, Ohio.
Honor Roll: Michelle Benoit, Lockport, La.; Melissa Gilbert, Frederick, Md.; Ruth Gjelsness, Grand Forks, N.D.; Ann K. Hart, Marysville, Mich.; Kay Krause, Sioux Falls, S.D.; Linda Morten, Katy, Texas.

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and immediate families. 2. With each entry, clearly print or type your name, address, and recipe marked "January Favorite Turkey Ideas" or "January Super Snacks and Appetizers." Specify brands and recipe origin. 3. Send recipes to 9701 Food Department, *Better Homes and Gardens,* Des Moines, IA 50309-3023. 4. Entries must be postmarked by June 25, 1996, and received by June 30, 1996. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign an affidavit and release. The annual grand prize winner will be selected from the 1997 $200 winners on or about January 5, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Cash will not be offered in lieu of the appliances. 6. Entries must be your original recipes. No previously published recipes, please. They will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. 8. Entry constitutes permission to use the winner's name and recipe for editorial and promotional purposes, except where prohibited by law. ♦



"Between us girls, it's easy to make a low fat *seafood* meal."

Pass it on.
Louis Kemp™ FAT FREE Crab Delights® make seafood simple.

They're steam-baked™ Alaskan fish ready to use fresh from their refrigerated package. So the great taste of crab is not only fat free, it's also hassle free.

LOW FAT SEAFOOD LASAGNA ROLLUPS:

6 lasagna noodles
1 can (15 oz.) Italian-style tomato sauce
Filling:
1 package Louis Kemp™ Fat Free Crab Delights® flakes or chunks
1 cup low fat (1%) cottage cheese, drained
1/4 cup grated Parmesan cheese
1 egg
1 tablespoon dried parsley flakes
1/4 teaspoon onion powder
Cook noodles as directed on package. Rinse in cold water, drain well. Combine filling ingredients with fork. Spread 1/3 cup filling on each noodle. Roll tightly, place seamside down in a 9-inch baking pan. Pour sauce over rollups. Bake covered at 375°F for 30 minutes. Garnish with grated cheese.

6 servings. 200 calories. 15% calories from fat. 3.5 grams of fat. For more recipes call 1-800-522-1421.



LOUIS KEMP
SEAFOOD MADE SIMPLE™

flavor frosting from Pillsbur

(Cherry not included.)



We've whipped the rich taste of hot fudge with real Jell-O® Pudding to make a super-cre[illegible] frosting–and a hot fudge sundae out of anything. Also supremely crea[illegible]n new Chocolate Mocha and Banana Creme.



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PRIZE TESTED RECIPES®

see page 232 for details

$200 WINNER

Beth P. Sanborn, Mililani, Hawaii, in the Summer Salads category.
June 1996



Hominy Chicken Salad

Hominy, corn without the hull and germ, has a texture like that of garbanzo beans.

- 4 skinless, boneless chicken breast halves
- ½ cup chopped onion
- 2 14½-oz. cans hominy, drained
- 1 cup cubed Monterey Jack cheese (4 oz.)
- 6 cups shredded romaine lettuce
- ¼ cup light dairy sour cream
- ¼ cup green salsa
- Milk (optional)
- 4 (6-inch) corn tortillas
- 2 Tbsp. cooking oil
- 1 ripe avocado, halved, seeded, peeled, and sliced

In a 10-inch skillet combine chicken breasts and onion; add *water* to cover. Bring to boiling; reduce heat. Cover and simmer for 15 to 20 minutes or till no pink remains. Drain. Remove chicken; cool slightly. Cut into bite-size pieces. In a large mixing bowl toss together chicken and onion, romaine, hominy, and cheese. Cover and chill.

For dressing, in a small mixing bowl stir together sour cream and salsa. If necessary, stir in milk to make a dressing of desired consistency. Cover and chill till serving time.

Before serving, cut tortillas in half; cut crosswise into ¼-inch-wide strips. In a large skillet heat oil over medium heat. Add tortilla strips. Cook and stir about 5 minutes or till crisp and golden. Drain on paper towels; cool slightly.

To serve, place romaine mixture on plates; add avocado slices. Top with tortilla strips and dressing. Makes 6 main-dish servings.

Nutrition facts per serving: 418 cal., 21 g total fat (7 g sat. fat), 60 mg chol., 513 mg sodium, 35 g carbo., 3 g fiber, and 26 g pro. Daily Values: 30% vit. A, 45% vit. C, 20% calcium, and 17% iron.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*.

PRIZE TESTED RECIPES®

see page 232 for details

$200 WINNER

Meri Villane, Colorado Springs, Colo., in the Favorite Cupcakes & Muffins category.
June 1996



Pear-Walnut Muffins

Brown sugar and walnuts make a crunchy stir-together topping.

- 1½ cups all-purpose flour
- ½ cup packed brown sugar
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- 1 egg
- ½ cup cooking oil
- ½ cup plain low-fat yogurt
- ½ tsp. vanilla
- 1 pear, cored and finely chopped
- 3 Tbsp. finely chopped walnuts
- 2 Tbsp. brown sugar

In a bowl stir together flour, ½ cup brown sugar, baking powder, cinnamon, ginger, and ⅛ teaspoon *salt*. Make a well in center. In a bowl beat egg; stir in oil, yogurt, and vanilla. Add all at once to flour mixture; stir just till moistened. Stir in pear.

Lightly grease muffin cups or line with paper bake cups; fill two-thirds full. For topping, combine walnuts and 2 tablespoons brown sugar; sprinkle onto batter in cups. Bake in a 400° oven about 20 minutes or till done. Serve warm. Makes 12 muffins.

Nutrition facts per muffin: 206 cal., 11 g total fat (2 g sat. fat), 18 mg chol., 77 mg sodium, 26 g carbo., 1 g fiber, and 3 g pro. Daily Values: 7% calcium and 7% iron.



Enter our Prize Tested Recipes® contest and

Win GE Profile appliances, worth up to $5,000 retail value!

PRIZE TESTED RECIPES®

$100 WINNER

Mrs. Robert L. St. Clair, Covington, Va., in the Favorite Cupcakes & Muffins category. June 1996



Apple Butter Cupcakes

The distinctive sweetness of apple butter means you don't need additional seasonings.

- 2 cups all-purpose flour
- 1½ tsp. baking powder
- 1 tsp. baking soda
- ¼ tsp. salt
- ½ cup margarine or butter
- 1 cup sugar
- 1 egg
- 1 cup apple butter
- 1 tsp. vanilla
- 2 Tbsp. lemon juice
- 1 5-oz. can (⅔ cup) evaporated milk
- 1 recipe Penuche Frosting (optional)

In a small mixing bowl stir together flour, baking powder, soda, and salt; set aside. In a medium mixing bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add sugar; beat till fluffy. Add egg; beat well. Beat in apple butter and vanilla. Stir lemon juice into milk (mixture will curdle). Add flour mixture and milk mixture alternately to apple butter mixture, beating on low to medium speed after each addition just till combined.

Grease muffin cups or line with paper bake cups; fill two-thirds full. Bake in a 350° oven for 20 to 25 minutes or till a toothpick inserted in the centers comes out clean. Cool on wire racks. If desired, frost with Penuche Frosting. Makes 24 cupcakes.

Penuche Frosting: In a small saucepan melt ½ cup margarine or butter; stir in 1 cup packed brown sugar. Cook and stir till bubbly. Remove from the heat. Add ¼ cup milk; stir till smooth. Add 3½ cups powdered sugar; beat by hand till of spreading consistency. Frost cooled cupcakes immediately. (If frosting thickens, stir in hot water, a few drops at a time, till of spreading consistency again.)

Nutrition facts per cupcake without frosting: 134 cal., 5 g total fat (1 g sat. fat), 11 mg chol., 151 mg sodium, 22 g carbo., 0 g fiber, and 2 g pro. Daily Values: 5% vit. A, 1%

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES®

$100 WINNER

Jennifer G. Sweemer, Cincinnati, Ohio, in the Summer Salads category. June 1996



Greek Lentil Salad

Classic Greek flavors—feta, lemon, olive oil, and basil—embellish this high-fiber combo.

- 3 cups water
- ½ cup dry lentils
- ½ cup bulgur
- ½ cup sliced pitted ripe olives
- ½ cup snipped parsley
- ½ cup crumbled feta cheese
- ¼ cup sliced green onion
- ¼ cup sliced pepperoncini salad peppers
- 2 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- 2 Tbsp. olive oil or salad oil
- 2 Tbsp. lemon juice
- ½ to 1 tsp. coarsely ground black pepper
- ⅛ tsp. salt
- ⅛ tsp. onion powder
- ⅛ tsp. garlic powder
- Leaf lettuce (optional)

In a medium saucepan combine water and lentils. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Add bulgur; simmer for 12 to 15 minutes more or till just tender. Drain. Rinse with cold water.

In a large mixing bowl combine lentil mixture, olives, parsley, feta cheese, green onion, pepperoncini, and basil. Set aside.

For dressing, in a small bowl combine oil, lemon juice, pepper, salt, onion powder, and garlic powder. Add dressing to lentil mixture; gently toss to coat. Cover and chill for at least 2 hours. If desired, garnish with lettuce. Makes 6 side-dish servings.

Nutrition facts per serving: 234 cal., 13 g total fat (4 g sat. fat), 19 mg chol., 735 mg sodium, 21 g carbo., 3 g fiber, and 9 g pro. Daily Values: 6% vit. A, 17% vit. C, 11% calcium, and 17% iron.

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Tomato Takes Plunge

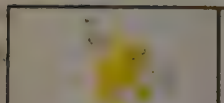
Leave it to Kraft to add lush, ripe Roma tomatoes to their new Tomato and Herb Italian Dressing. Lovingly blended with herbs and olive oil. *Salads Love Kraft*. And no wonder.



Salads ♡ Kraft™

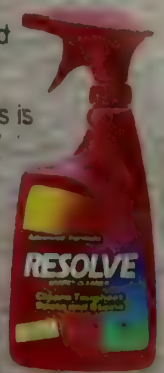
OVER EASY.





After the mess. | After RESOLVE.®

Bacon and eggs stain? That's O.K. With Advanced Formula RESOLVE Carpet Cleaner, the problem of greasy combination stains is over...easy. And RESOLVE® protects against future oily stains with DuPont TEFLON® soil and stain repellent. So don't get broken up over eggs. Take away the worry, take away the stain.



Take out Advanced Formula RESOLVE Carpet Cleaner.

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: SHELVE IT

Page 21: small check wall covering, no. SL294; **dot wall covering,** no. SL268, from the Simple Living Collection—Seabrook Designs, 1325 Farmville Rd., Memphis, TN 38122; for a dealer near you call 800/238-9152.
Page 22: curtain fabric, ironstone pitcher, and glassware—antique.
Page 24: red plaid curtain fabric, "Brutus"; **floral wall covering; fruit border,** from the Pickle Barrel Collection—York; for a retailer near you call 800/375-9675. **Rocker**—antique.
Page 27: narrow stripe wall covering, "Picket"; **wide stripe wall covering,** "Wide Stripe", from the Basics Collection—Marimekko; for a retailer near you call 905/791-1547. **Sofa**—Thomasville Upholstery; for a dealer near you call 800/225-0265. **Brackets, urns, doilies, and teapot**—antique.

TABLE TALK

Page 36: Parson chair with slipcover, no. SC045; **terrific table,** no. TS022—Ballard Designs, 1670 DeFoor Ave., N.W., Dept. Edit MAGA '96, Atlanta, GA 30318-7528; 404/351-5099. **Fringe**—available at fabric and trimming stores nationwide. **Glass tabletop,** 36-inch round—Pier 1 Imports, 800/447-4371.
Page 38: Parson chair with slipcover, SC045; **Parson stool,** no. ST006; **terrific table,** no. TS022—Ballard Designs (address above). **Wall covering,** "Ardley" (Moss), no. 155114.06—available to designers and architects from the Brunschwig & Fils Showroom, 212/838-7878.
Page 40: striped tablecloth fabric, "Lambert Stripe" (Lily) no. 660915; **floral fabric,** "Vanessa" (Peony) no. 660882—Waverly, 800/423-5881. **Sofa**—Thomasville Upholstery; for a dealer near you call 800/225-0265. **Parson chairs with slipcovers,** no. SC045; **Parson stool,** no. ST006—Ballard Designs (address above). **Piecrust tilt-top tables,** no. A-861-5247—J.C. Penney Catalog, 800/222-6161. **Toast rack,** no. 2019; **floral epergne,** no. 2027; **sugar scuttle,** no. 2023; **teapot napkin rings,** no. 2028; **Rose Chintz tea service**—catalog available from Accoutrements by Liza, Box 6008-70, Fullerton, CA 92634; 714/447-4400; catalog $3.
Page 42: pillow, curtain, and table runner fabric, "Pen Pal" (Chamois) no. 661594—Waverly, 800/423-5881. **Angsby table and Eigil chair**—IKEA Home Furnishings, East Coast, 410/931-8940; West Coast, 818/912-1119. **Wall covering,** "Picket" from the Basics Collection—Marimekko; for a retailer near you call 905/791-1547. **Reed blinds**—Pier 1 Imports, 800/447-4371.

BACKYARD PLAYSTRUCTURE

Page 102: merry-go-round, no. NE4475; **cargo-net ladder,** no. NE4885-1; **plastic slide,** no. NE4675; **swing seats,** no. NE4870-1; **swing hangers,** no. NE4880-1—Swing-N-Slide Corp., 1212 Barberry Dr., Janesville, WI 53545. **Lumber,** "Pressure-treated Southern pine"; for product information and additional project ideas, contact Southern Pine Council, P.O. Box 641700, Kenner, LA 70064-1700. **Wood stains**—The Thompson's Co., 825 Crossover Lane, Memphis, TN 38117; 800/647-9352.

GARDENER'S ALMANAC

Pages 110–112: doublefile viburnums—Forestfarm, 990 Tetherow Rd., Williams, OR 97544-9599; 503/846-7269; catalog $3. **Shasta**—Wayside Gardens, P.O. Box 1, Hodges, SC 29695-0001; 800/845-1124; free catalog. **Summer Snowflake**—White Flower Farm, Rt. 63, Litchfield, CT 06759-0050; 800/503-9624; free catalog. ***(Left)*: Oakland bench**—Ralph Barnes, 308 Paul Ave., Mountain View, CA 94041; 415/968-6489. ***(Right)*: Portland bench**—Smith & Hawken, Two Arbor Ln., Box 6900, Florence, KY 41022; 800/776-3336; free catalog.

PONDS AND CASCADES

Pages 115–130: water plants and pond liners—Water Gardens, P.O. Box 10, 6800 Lilypons Rd., Buckeystown, MD 21717-0010; 800/723-7667; free catalog. Waterford Gardens, 74 E. Allendale Rd., Saddle River, NJ 07458; 201/327-0721; catalog $5. Van Ness Water Gardens, 2460 N. Euclid Ave., Upland, CA 91786; 909/982-2425; catalog $4.

GARDEN RETREAT

Pages 145–148: Japanese snowbell—Yucca Do Nursery, P.O. Box 655, Waller, TX 77484-0655; 409/826-6363; catalog $4. **Sweet box**—Wayside Gardens, P.O. Box 1, Hodges, SC 29695-0001; 800/845-1124; free catalog.

PERFECT PORCHES

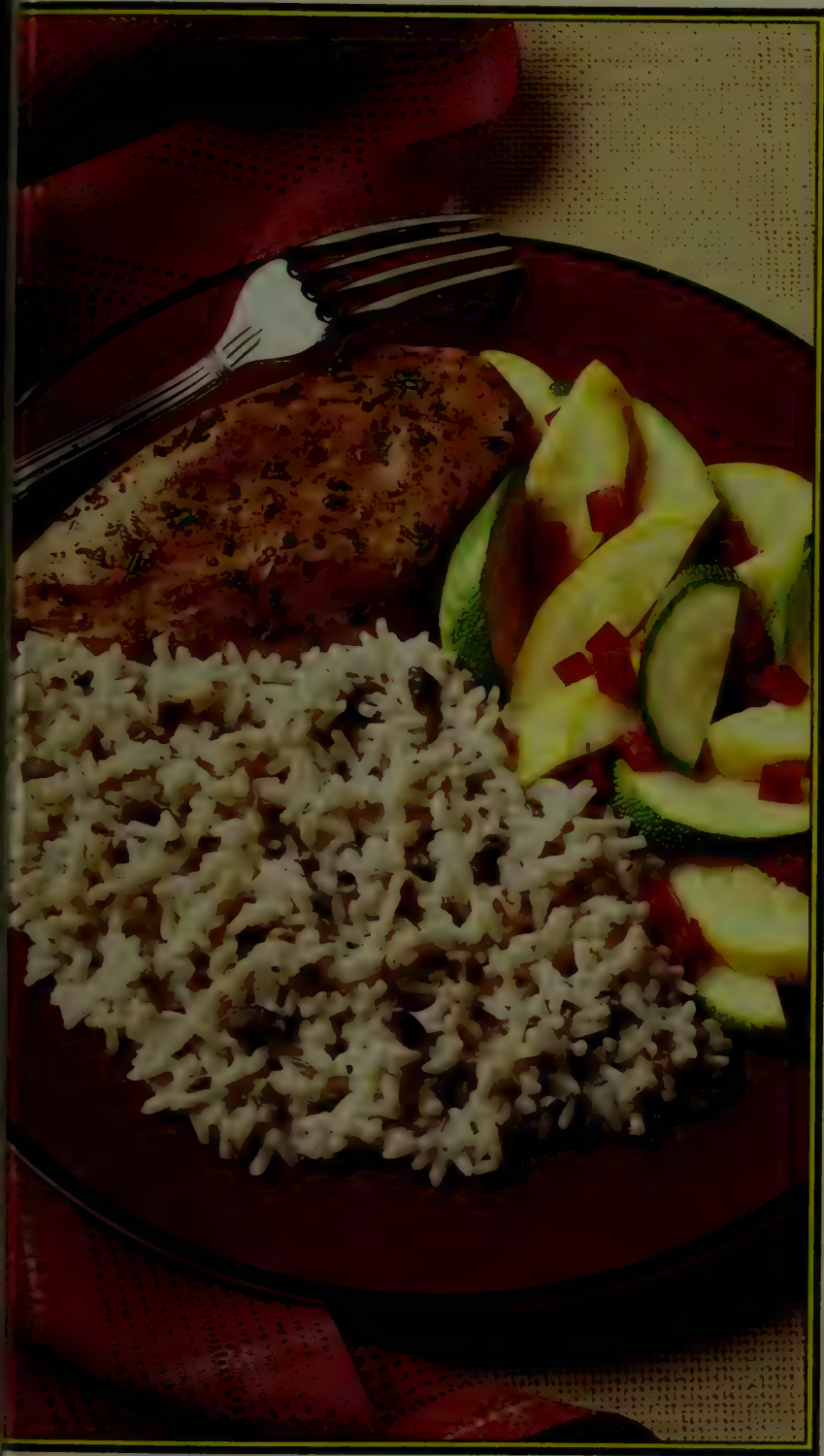
Page 151: windows—Andersen Windows, Inc., P.O. Box 203070, Austin, TX 78720-9752; 800/426-4261, ext. 1232. **Wicker chairs and table**—Pier 1 Imports, P.O. Box 96120, Fort Worth, TX 76161-0020; 800/447-4371.
Pages 152–153: porch columns—Chadsworth Columns, P.O. Box 53268, Atlanta, GA 30355; 800/778-5177. **Concrete pavers**—Capital Concrete, Fishkill, NY 12524; 914/896-6225. **Paint**—PPG Ind., Inc., Pittsburgh Paint, One PPG Pl., Pittsburgh, PA 15272; 800/441-9695.
Pages 154–155: casement windows above porch roof—Andersen Windows, Inc., P.O. Box 203070, Austin, TX 78720-9752; 800/426-4261, ext. 1232. **Asphalt shingles,** "Ultra"—Timberline, GAF Building Products Corp., 1361 Alps Rd., Wayne, NJ 07470. **Vinyl siding,** "Mainstreet"—CertainTeed Corp., P.O. Box 860, Valley Forge, PA 19482; 800/782-8777.
Page 156: stain on porch floor, (Driftwood)—Cabot Stains, Inc., 100 Hale St., Newburyport, MA 01950; 800/877-8246. **Wicker chair cushions,** "Arden" (Green/Rose)—Pier 1 Imports, P.O. Box 96120, Fort Worth, TX 76161-0020; 800/447-4371.

continued on page 240

Minute® BRAND

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Mail to: Thomas J. Lipton Co., 800 Sylvan Avenue, Lipton Kitchens R-106, Englewood Cliffs, NJ 07632

Official Rules: 1. To enter, fill out a 3" x 5" card including your name, address and daytime phone number and mail it, along with your recipe using any variety of Lipton Recipe Secrets® Soup Mix, to the above address. 2. Recipes must be original and unpublished. Entries must be received by June 29, 1996. Winners will be selected on or about August 30, 1996 and will be notified by mail. No responsibility is assumed for lost, late or misdirected entries. 3. Entrants must be U.S. residents, 18 years and older. Employees of Thomas J. Lipton Co. and Meredith Corporation, their agents, affiliates, subsidiaries and families are not eligible. 4. All entries and materials submitted become the property of Lipton and will not be returned or acknowledged. All right, title and interest shall belong to Lipton, except where prohibited by law. Lipton reserves the right to edit, adjust, modify, abridge, condense and excerpt entries. 5. Entries will be judged on taste, eye appeal, use of Lipton Recipe Secrets® product and creativity. Judging will be conducted by The Lipton Kitchens. The decision of the judges will be final. 6. One winner will be selected as the grand prize winner and will receive complete sets of Pyrex® Portables, Corningware® Casual Elegance™ and Solutions™ by Revere® (retail value $230.00). Ten First Prize winners will be selected and will win BH&G Tasty Timesaving Cooking Cookbooks. (retail $24.95) 7. Entry constitutes permission to use winner's entry, name, likeness and photograph for public relations, promotional and advertising purposes on behalf of Lipton, except where prohibited by law. Winners will be required to sign an Affidavit of Eligibility, Release and an Assignment of Ownership within ten (10) days of notification. 8. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners. 9. For prize winner list (available after August 30, 1996), send a separate self-addressed, stamped envelope to: Thomas J. Lipton Co., 800 Sylvan Avenue, Lipton Kitchens R-106, Englewood Cliffs, NJ 07632.



Lipton
RECIPE SOUP MIX
RECIPE SECRETS®
It's all you need to know.

Buying Guide

continued from page 238

ABOVE IT ALL
Pages 160–161: fireplace—Majestic Co., 1000 E. Market St., Huntington, IN 46750; 800/525-1898. **Paint**—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **Windows**—Brockway-Smith Co., 146 Dascomb Rd., Andover, MA 01810; 508/475-7100. **Sofa and ottoman**—Domain Inc., 51 Morgan Dr., Norwood, MA 02062; 617/769-9130. **Armchair and rug**—Bloomingdale's, 1000 Third Ave., New York, NY 10022. **Kilim pillows**—Bramhall & Dunn, 16 Federal St., Nantucket, MA 02554. **Pansy petit-point pillows on window seat**—Weeds, 14 Centre St., Nantucket, MA 02554.
Pages 162–163: refrigerator and stove—Magic Chef, Inc., 3035 N. Shadeland Ave., Indianapolis, IN 46226; 800/536-6247. **Sink and faucet**—Kohler Co., Kohler, WI 53044; 800/456-4537. **Dishwasher**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000.
Page 164: bed—Stephen Swift, 682 Bomfret St., Bomfret, CT 06258; 860/928-2833. **Painting**—Leigh Palmer, The Main St. Gallery, 28 Water St., Nantucket, MA 02554. **Linens**—Domestications (catalog), P.O. Box 40, Hanover, PA 17333; 800/447-3164.

SUMMER CAMP STYLE
Pages 167–176: products shown throughout—antiques or discontinued.

TASTES OF THE GREAT OUTDOORS
Page 181: blue-rimmed dessert plates—Monet's Kitchen, 124 M Bent St., Taos, NM 87571; 505/758-8003. **Tablecloth**—Taos Cookery, 113 Bent St., Taos, NM 87571; 505/758-5435.
Pages 182–183 (*front*): pottery bowl—Taos Blue, 101 A Bent St., Taos, NM 87571; 505/758-3561. (*Left*): **clay bowl with handles**—The Market, 125 Kit Carson, Taos, NM 87571; 505/758-3195. (*Back*): **floral plate**, by artist Mariana Gasteyer; **napkin**—Clay & Fiber Gallery, 126 W. Plaza Dr., Taos, NM 87571; 505/758-8093. **Glass pitcher**—Nambé Mills, Inc., 1127 Siler Rd., Santa Fe, NM 87505; 505/471-2912. **Wooden basket**—Country Furnishings of Taos, 534 North Pueblo Rd., P.O. Box 2047, Taos, NM 87571; 505/758-4633.
Page 184: floral dinner plate and log bread basket—Twining Weavers and Contemporary Crafts, 135 Paseo del Pueblo Norte, Taos, NM 87571; 505/758-9000.
Page 185 (*top*): platter—Clay & Fiber Gallery (address above).
Page 188 (*top*): blanket—Wild West Pawn & Trading Co., Box 1865, Ranchos de Taos, NM 87557; 505/751-7144. (*Bottom*): **chaps**—Horse Feathers, 109 B Kit Carson, Taos, NM 87571; 505/758-7457.
Page 19[illegible]: **clay bowl with handles**—The Market, [illegible] Kit Carson, Taos, NM 87571; 505/758-3195. (*Back*): **floral plate**—by artist, Mariana Gasteyer, Clay & Fiber Gallery (address above).
Page 205: **storeware storage containers**—Tupperware [illegible] nearest you call 80[illegible]

PRIZE TESTED RECIPES®
Page 235 (*right*): amber dessert plate—Mila International; for a retailer near you call 800/275-1952.

BH&G KIDS®
Page 248: children's clothing—Heart's Designs, 11650 W. 85th St., Lenexa, KS 66214-1541; 913/492-6078.

READER SHOPPING
Page 95: Handblown Glass Fruit Bowl, Second Nature Bird Feeder, Green Magic Tumbler, and Tool Bucket/Garden Seat—Gardener's Supply, 128 Intervale Rd., Burlington, VT 05401. **Toucan Yardbird**—Bandana/Yardbirds Sculptures, 2921 South Second St., Louisville, KY 40208. **Braided Handwoven Picture Frame**—Two's Company, 33 Bertel Ave., Mount Vernon, NY 10050.

Architects & Designers

BACKYARD PLAYSTRUCTURE
Page 102: playstructure design—Bruce Pierce, Concepts in Design, 855 17th St., Des Moines, IA 50314.
Page 106: playhouse design—David Wilgus, 215 Woodland St., Davidson, NC 28036.
Page 108: playhouse design—Jeffrey Johnson, Outdoor Architecture, 1188 Mountain Park Rd., Woodstock, GA 30188; 770/992-3834.

GARDENER'S ALMANAC
Pages 110–112 (*left*): Oakland garden design—Bob Clark and Raul Zumba, 11205 Ettrick, Oakland, CA 94605; 510/633-1391. (*Right*): **Portland garden design**—Stephen Carruthers Landscape and Design, 8124 SW. 56th, Portland, OR 97219; 503/245-9478.

OUTDOOR ROOMS
Page 133: architect—Mark Finlay, Mark Finlay Architects AIA, 1300 Post Rd., Fairfield, CT 06430.
Pages 138–139: garden design/gazebo reconstruction—Steve Maker and Harvey Freer, 15017 SE. Woodland Way, Milwaukee, OR 97267.
Pages 140–142: deck design—Ralph Jones, 9985 NW. Kaiser Rd., Portland, OR 97231.

GARDEN RETREAT
Pages 145–148: architect—Green Architecture, 1129 22nd Ave. E., Seattle, WA 98112; 206/325-5436.

PERFECT PORCHES
Pages 151–153: architect—Philip A. Cerniglia Architects, 143 Bedford Rd., Katonah, NY 10536; 914/232-1112.
Pages 154–156: builder/designer—Geoffrey Designs, Inc., 4012 Oakgrove, Orchard Lake, MI 48323.

ABOVE IT ALL
Pages 159–164: builder—Kalman Construction Corp., 67 Milestone Rd., P.O. Box 1831, Nantucket, MA 02554; 508/228-5480. **Architectural designer**—Mark Avery, Kalman Construction Corp. (address above).

SUMMER CAMP STYLE
Pages 167–176: architect—Morris Architects/Planners, Inc., 944 W. Huron, Chicago, IL 60622; 312/942-0500.

Oh-h-h say can you see that big smile on their face?



Summer fun is a breeze with these 4th of July cutouts!

1. As shown on the *Kellogg's® Cocoa Krispies®* cereal box, prepare one batch of *Kellogg's® Rice Krispies Treats®* Recipe through step 2.
2. Press mixture evenly into 15½ x 10½ x 1-inch pan coated with cooking spray. While warm, decorate with individual red, white and blue candy sprinkles, alternately making stripes (about ½-inch apart) across the top. Cool completely.
3. Using a 3½-inch cookie cutter, cut into star shapes and serve on an ice cream stick. Makes 9 stars.

Or try the delicious original recipe. Substitute regular *Kellogg's® Rice Krispies®* cereal.

Get over 80 other delicious recipes! Send a $2.99 check or money order with two proofs of purchase from *Kellogg's® Rice Krispies®* or *Kellogg's® Cocoa Krispies®* to: *Kellogg's®* Rice Krispies Cereal Cookbook Offer, P.O. Box 185327, Battle Creek, MI 49018-5327, while supplies last.



Did you treat someone nice today?

HINT #16

CLEANS COFFEE POTS





To remove coffee stains from the inside of a glass coffee pot, add 4 teaspoons Morton® Salt, 1 cup crushed ice, and 1 tablespoon water. Gently swirl until clean, then rinse. Coffee pot should be at room temperature before cleaning. Do not use if pot is cracked or chipped. For more economical, safe, and effective uses for Morton® Salt write for the new Household Hints brochure: Morton® Salt Tips, Dept. J, Chicago, IL 60606-1597.

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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

LATTICE 1-2-3

Prevent animals from digging in your flower garden with a piece of lattice and three easy steps: 1) Cut a piece of treated lattice to fit your flower bed; 2) lay it on top of the soil and plant your seeds in the openings; 3) water and wait. Your flowers will cover the lattice and animals won't be able to dig in the soil below.

Jeannie Logan
Delphi, Ind.

STUD SENSOR

Use an electric razor to find studs behind drywall. Turn the razor on and, with very gentle pressure, move it along the wall. The sound of the vibrations will tell you when you've found a stud.

Chester Kuplinski
Seneca Falls, N.Y.

PREVENT-A-DENT

Place fitted mattress pads over your doors when moving furniture. If you bump the door, neither the furniture nor the door will be damaged.

Diane Trible
Northwood, Ohio

SHRUB SLED

When you need to transplant a large shrub, put it on a snow shovel and slide it [illegible]n.

Mrs. C.E. Thomas
[illegible]sboro, Ark.

SOIL FILTER

When potting plants, place used tea bags over the holes in the bottom of the pot. The tea bags will keep the soil from falling out but will allow for proper water drainage. You will still need to place the pots in saucers to prevent tea stains.

Beth Huber
Ottawa, Ont.

RECIPE EASEL

Instead of laying recipe cards flat on the counter while you're reading them and mixing ingredients, place a fork in a drinking glass and slip your recipe card between the tines of the fork. The card will stay upright and be easier to read as you work.

Mary Factor
Feasterville, Pa.

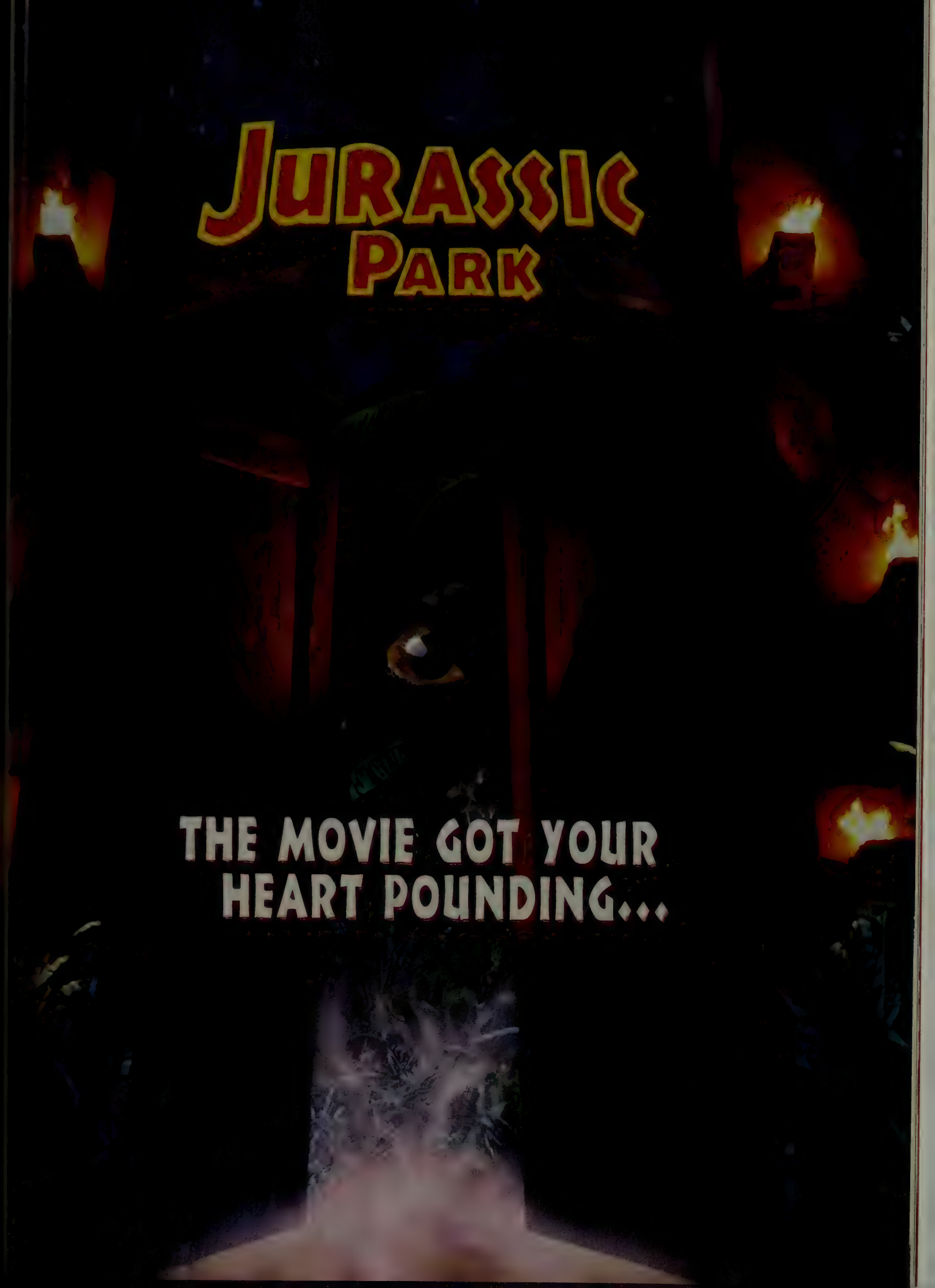
SOFTEN THE SPLATTERS

To clean the inside of your microwave, place a bowl of water in it and heat the water until it boils. The steam will soften any dried-on splatters and make them easier to wipe away.

Jennifer Savage
Colorado Springs, Colo.

SEND US YOUR TIP

Mail your tip along with a daytime phone number to TTT, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.


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A Berry-Good Berry

During the early 1900s, husked wheat kernels, called wheat berries, secured a place on pantry shelves as a standard staple. Over time, they lost their spot as processed foods became the darlings of the day. Because of their nutritional perks, wheat berries are again finding a place on our menus.

You can add cooked berries to salads, casseroles, soups, breads, or even meat loaf for a crunchy whole-grain flavor. You also add fiber (½ cup cooked contains 2 grams dietary fiber), protein, plus vitamins and minerals.

HOW TO USE WHEAT BERRIES

- Buy berries that do not have wheat husks (papery covering) attached. The husks are inedible. Also, avoid damp or spotted kernels, which indicate spoilage.
- Presoak wheat berries to cut cooking time in half. Place ¾ cup berries (for salad recipe below) in 2½ cups water in the refrigerator for 6 to 24 hours. Do not drain. To cook, bring water to boiling; reduce heat. Simmer, covered, for 30 minutes or till berries are tender but firm.
- To skip the soaking step, cook each cup of berries in 3½ cups of water about 60 minutes or till tender; drain. Berries will double in volume with cooking.
- Cook wheat berries before adding to salads, breads, or stuffings. Use them in place of rice in salads. Try adding about ½ cup of cooked wheat berries to a favorite yeast dough. Or, substitute the cooked berries for nuts in a bread stuffing.
- Freeze cooked wheat berries to add as desired to soups or casseroles. To prepare berries for the freezer, place the cooked, drained, and cooled berries in airtight freezer containers or plastic freezer bags. Freeze berries in desired serving amounts for up to 6 months. To thaw, place the container in a bowl of warm water for 1 hour, stirring occasionally to break up the mixture. Or, microthaw on 100% power (high) for 2 minutes, stirring twice.
- Store uncooked wheat berries in a container with a tight-fitting lid. Place them in a cool, dry place (60° or less) or in the freezer. Wheat berries stored in a cool, dry place will keep indefinitely.



FENNEL AND WHEAT BERRY SALAD

Wheat berries, with their slightly chewy texture, make a simple salad extraordinary.

- 4½ cups water
- ¾ cup wheat berries
- ¼ cup long-grain rice
- 1 11-oz. can mandarin orange sections, drained
- 1 cup broccoli slaw mix
- ¼ cup balsamic vinegar or white wine vinegar
- 3 Tbsp. salad oil
- 1 tsp. sugar
- 1 tsp. fennel seed, crushed
- Cabbage or kale leaves (optional)

In a 2-quart saucepan combine water, wheat berries, and ½ teaspoon *salt*. Bring to boiling; reduce heat. Cover and simmer for 40 minutes. Add rice. Cover; cook for 20 minutes more or till rice is tender. Drain off any excess liquid. Cool mixture.

In large bowl gently stir together the wheat berry-rice mixture, orange sections, and broccoli mix. Set aside.

For dressing, in a screw-top jar combine vinegar, salad oil, sugar, and crushed fennel seed. Pour the dressing over wheat berry mixture. Toss lightly to coat. Cover and chill for 4 to 24 hours. To serve, line 6 salad bowls with cabbage leaves. Spoon salad onto leaves. Makes 6 (½-cup) servings.

Nutrition facts per serving: 212 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 196 mg sodium, 34 g carbo., 2 g fiber, and 4 g pro. Daily Values: 2% vit. A, 37% vit. C, 2% calcium, and 11% iron.



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*V8 Plus meets American Heart Association food guidelines.

†Low fat diets rich in fruits and vegetables (containing Vitamin A, Vitamin C, and dietary fiber) may help reduce the risk of some types of cancer, a disease associated with many factors.

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by Carla Waldemar

Summertime, Turkey Time



When you're in the market for a quick, light cut to grill this summer, stake your claim on turkey steaks. These tenders of breast meat, cut from the whole tenderloin, come ready to use because no skinning, boning, or slicing is necessary. And they're on and off the coals in minutes, flavored with a citrus marinade stirred up the night before.

TURKEY TENDERS WITH SWEET-PEPPER-CITRUS SALSA

Accent the marinade's fruity nature with a lively salsa tossed together at your leisure, then chilled till dinnertime.

- 6 (about 1½ lb.) turkey breast tenderloin steaks (about ½ inch thick)*
- ⅓ cup olive oil
- ¼ cup lemon juice
- 1 tsp. finely shredded orange peel
- ¼ cup orange juice
- 4 cloves garlic, minced
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 recipe Sweet-Pepper-Citrus Salsa
- Bibb lettuce (optional)
- Fresh basil (optional)

Place turkey in a heavy plastic bag set in a large mixing bowl. For marinade, in a small bowl combine olive oil, lemon juice, orange peel, orange juice, minced garlic, salt, and pepper; pour over turkey in bag. Close bag and turn turkey to coat well. Marinate in the refrigerator for 2 to 4 hours, turning occasionally.

Remove turkey from bag, reserving marinade. Grill directly over medium coals for 12 to 15 minutes or till no pink remains, brushing with marinade during the first 6 minutes and turning once. Serve with Sweet-Pepper-Citrus Salsa. If desired, garnish with lettuce and basil. Makes 6 servings.

**Note:* Pre-cut, turkey breast tenderloin steaks are available in some areas. If you find only the large whole tenderloins, slice them horizontally into ½-inch-thick steaks.

Nutrition facts per serving: 206 cal., 10 g total fat (2 g sat. fat), 50 mg chol., 107 mg sodium, 6 g carbo., 1 g fiber, and 22 g pro. Daily Values: 11% vit. A, 122% vit. C, 2% calcium, and 10% iron.

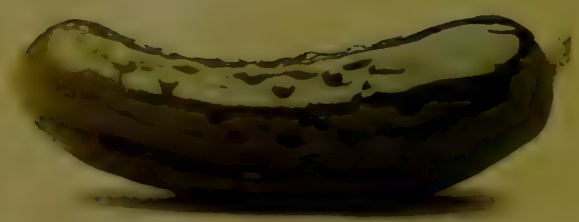
SWEET-PEPPER-CITRUS SALSA

Combine one 7-oz. jar roasted red sweet peppers, drained and chopped; 1 peeled, seeded, and cut up orange; 2 sliced green onions; 1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed; and 2 tablespoons balsamic vinegar. Cover; chill. Makes about 1½ cups salsa.

Nutrition facts per ¼-cup serving: 16 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 4 g carbo., 1 g fiber, and 0 g pro. Daily Values: 11% vit. A, 110% vit. C, 0% calcium, and 3% iron.



THE REASON OUR DEL MONTE® SWEET PICKLE RELISH TASTES BETTER IS SIMPLE.



IT'S MADE FROM OUR PICKLES.

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Del Monte® Sweet Pickle Relish beat Vlasic & Heinz in taste tests.



I Del Monte RELISH

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by Julia Malloy

No-Bake Ice-Cream Cakes





Imagine creating a dazzling cake for family and friends without ever turning on your oven. You can when your dessert starts with purchased cake and ice cream. For easy entertaining, assemble one of these luscious cakes ahead and freeze it until you're ready for the rave reviews.

CANDY BAR CAKE

What better name for cake layered with caramel and a nutty ice cream, then coated in a rich chocolate glaze?

- 1 10¾-oz. frozen pound cake
- 3 cups (1½ pints) ice cream
- ⅓ cup caramel ice-cream topping
- ⅓ cup whipping cream
- 2 tsp. light corn syrup
- ⅔ cup (4 oz.) semisweet chocolate pieces
- 1 Tbsp. shortening
- 1 oz. white baking bar
- 1 oz. milk chocolate
- 2 tsp. shortening

Let cake stand 10 minutes. Slice in half horizontally; slice each half horizontally. Line an 8x4x2-inch loaf pan with clear plastic wrap, extending over sides. Place one slice in pan.

Stir ice cream just to soften, not melt. Quickly spread a third of the ice cream atop cake in pan. Drizzle with a third of the topping; top with another slice. Repeat twice, ending with cake. Cover with foil; freeze till firm (5 hours or overnight).

Meanwhile, for glaze, in a small heavy saucepan stir together cream and corn syrup. Bring to boiling; reduce heat. Cook and stir for 2 minutes. Remove from heat. Add chocolate pieces and 1 tablespoon shortening; stir till melted. Cool.

Remove frozen cake from pan; remove wrap. Trim edges. Place cake on a freezer-proof serving plate. Coat with glaze, lifting and tilting to cover top and sides. Return to freezer; freeze about 1 hour or till firm.

In separate small saucepans melt milk and white bar chocolate with 1 teaspoon shortening each. Drizzle atop glazed cake. Serve immediately or store, covered, in the freezer for up to 6 months. Slice frozen cake to serve. Makes 8 servings.

Nutrition facts per serving: 401 cal., 23 g total fat (7 g sat. fat), 22 mg chol., 192 mg sodium, 48 g carbo., 1 g fiber, 4 g pro. Daily Value: 7% vit. A, 0% vit. C, 5% calcium, 4% iron.

TROPICAL ANGEL CAKE

For a rainbow filling, alternate spoonfuls of different colors of fruit sherbet.

- 1 (8- to 9-inch) or one 15-oz. purchased angel food cake
- 3 cups fruit-flavored sherbet
- ¼ cup frozen juice concentrate
- 1 cup whipping cream, whipped

Slice cake in half horizontally. Hollow out insides, leaving two 1-inch-thick shells. Spoon sherbet into bottom shell. Set top half, hollow side down, over bottom. Poke holes in top. Drizzle with concentrate.

Frost with cream. If desired, sprinkle with coconut. Cover loosely with foil; freeze up to 1 week. Let stand for 10 minutes before serving. If desired, garnish with edible flowers. Slice to serve. Makes 10 servings.

Nutrition facts per serving: 315 cal., 10 g total fat (6 g sat. fat), 36 mg chol., 123 mg sodium, 52 g carbo., 5 g pro. Daily Value: 11% vit. A, 22% vit. C, 4% calcium, 3% iron.

The 20-Minute Pasta Seduction from STAR





Beautiful golden light washes over the countryside at the end of a warm summer day and the seductive aroma of *Pasta Caponata* drifts from an outdoor café.

Bring home the passionate flavors of this romantic meal in only 20 minutes with STAR's Extra Virgin Olive Oil, Spanish Olives and Balsamic Vinegar. Each bite of this dish will seduce your taste buds and maybe someone very special too.



Pasta Caponata

- 1 lb. eggplant, cut into 3/4" chunks *(partially peeled)*
- 2-3 cloves garlic, chopped
- 5 1/2 Tbsp. STAR Extra Virgin Olive Oil
- 1 lb. dried penne pasta
- 1 small onion, chopped
- 1/2 bell pepper *(any color)*, chopped
- 1 large tomato, chopped
- 1/3 cup chopped STAR Olives
- 3 Tbsp. STAR Balsamic Vinegar
- 1 Tbsp. chopped parsley
- 2 Tbsp. STAR Capers, rinsed *(optional)*
- 1 1/2 tsp. dried basil
- Parmesan cheese *(for topping)*

Put pasta water on to boil. In a sauté pan stirfry eggplant and garlic in 4 Tbsp. olive oil, until tender and a little brown. Put pasta in boiling water. In a large pan sauté onion and pepper in remaining oil for 5 minutes. Add eggplant mixture and all other ingredients to onion and pepper, cover and cook over low heat for approx. 7 minutes. Toss hot, drained pasta together with eggplant sauce and serve with grated parmesan. Serves 4.

STAR *makes life a little tastier.*

by Cathy Barcherding

Stash It with Style

Medieval knights used armoires to store their armor, but the hardware hidden away in today's roomy cabinets is likely to include a television, a VCR, and a stereo. With the built-in capabilities of today's armoire, we're offered a beautiful way to integrate a techy mix of electronics into a soft room setting. As you pick from an array of styles, shop for the features below.



SPACE:
An armoire designed to house a 27-inch TV refers to the diagonal measurement of the screen. But you should also carefully measure the width and depth of the TV space behind closed doors and compare it to the exterior dimensions of your TV. The measurements vary depending on whether your TV has speakers mounted below or to the side of the screen.

DOORS:
Today's armoires have pocket doors, bi-fold doors, or in this case, piano hinged doors that allow the doors to fold back to the sides of the armoire out of your TV viewing range.

WIRE MANAGEMENT:
Many new armoires have built-in clips that clamp the wires from all the electronics together to control the clutter. Some have built-in wiring and cable TV connections. Built-in surge protectors control the voltage flowing into the electronic devices.

CUSTOM OPTIONS:
Pull-out and swivel TV shelves allow for a broad viewing range, but the wider the TV, the less it swivels. Removable or adjustable shelves accommodate your stereo components, and divided drawers store your tapes and CDs.

VENTILATION:
Allow several inches in clearance around your TV for needed ventilation. Some sophisticated armoires come with small fans built in to move heat away from the electronic hardware. Be sure to measure the depth of your set as different models vary greatly. Shop for armoires with removable back panels that allow for ventilation and an extra deep picture tube.

Flea Transportation.



Unless you kill fleas and their hatching eggs everywhere they live, they'll be back. That's because a single flea can lay 400 eggs. And everywhere your pets go, they spread those eggs. Both indoors and out. Once the eggs hatch, new fleas can jump back on your pet.

Flea Devastation.



Treat the Pet

Fleas prefer to stay on your pet because that's where they can lay hundreds of eggs. **Raid® Flea Killer Plus Dog Spray** kills fleas plus their hatching eggs for up to 4 weeks, while ***new*** **Cat Foam** penetrates to keep killing fleas where they hide. Each are uniquely designed so they are pet-friendly and easy to use.



Treat the Home

Once fleas hitchhike indoors on pets or clothing, they can spread their eggs everywhere–even in carpet and upholstery. Use **Raid® Flea Killer Plus Carpet & Room Spray** to treat areas frequented by your pet. Use the **Raid® Flea Killer Plus Fogger** if the problem has reached the infestation level. Both kill fleas and their eggs for months. For continuous control at breaking the flea lifecycle, there's the ***new*** non-insecticidal **Raid™ Flea Killer Plus Flea Trap**. It attracts and traps fleas from up to 20 feet away.



Treat the Yard

Flea problems usually start outdoors–in your yard. So it's important to treat these areas before fleas find their way indoors. **Raid® Flea Killer Plus Yard Spray** is the easy way to kill fleas and their hatching eggs. Just hook it up to your garden hose. And it works rain or shine.



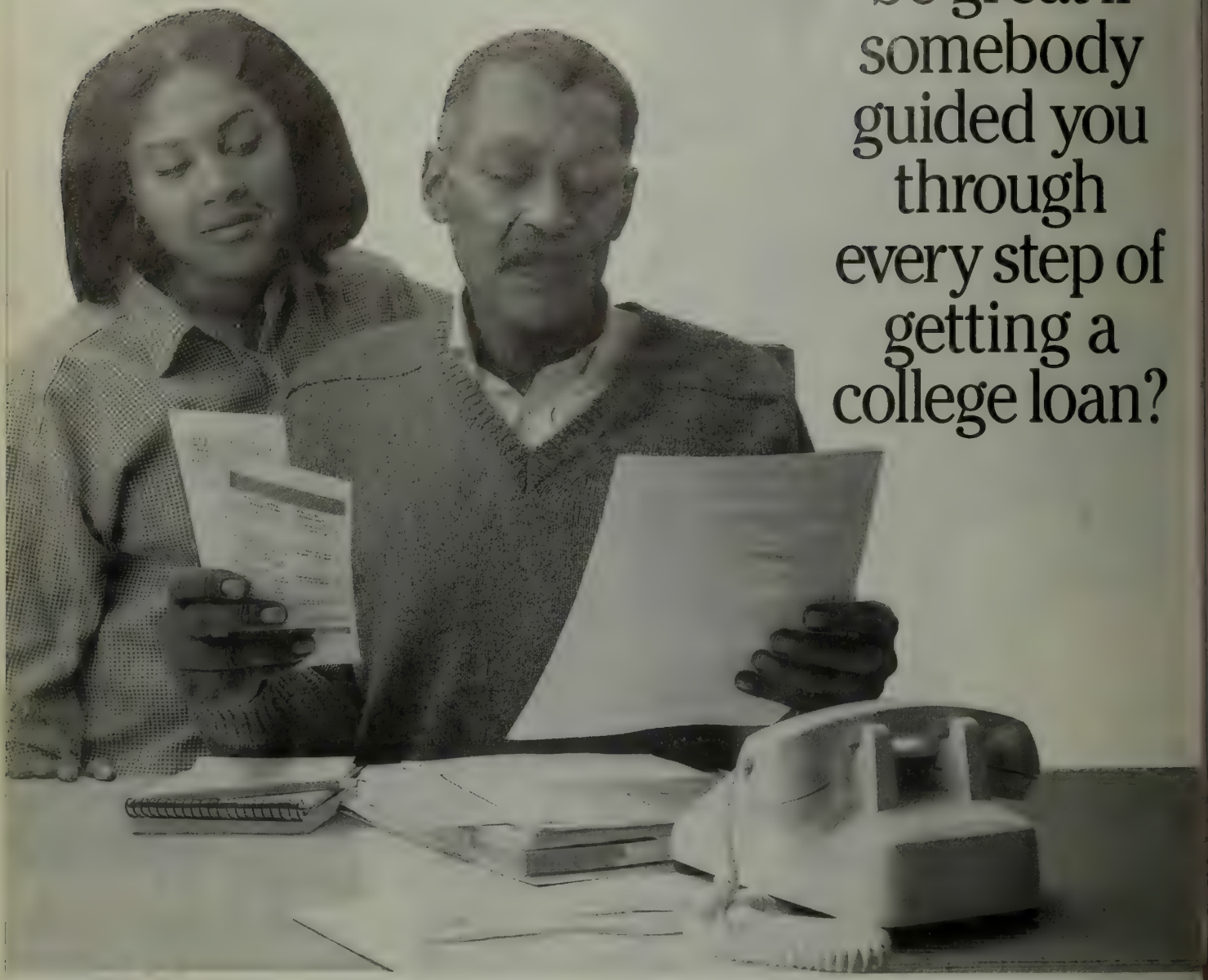
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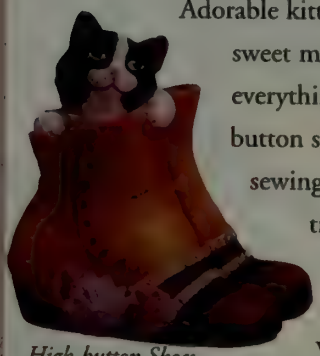
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HEAD FOR THE MOUNTAINEER

The latest entry in this booming market is the 1997 Mercury Mountaineer, one of the least trucklike sport-utility vehicles yet. A near-twin of Ford's top-selling Explorer, this four-door Mercury is comfortable and smooth on suburban streets, but rugged enough to go off-road and plow through muddy mountain trails with aplomb. On slippery roads the optional all-wheel drive system automatically transfers power to the front or rear wheels, wherever it's needed. (Unlike conventional four-wheel drive, no shifting is necessary to get better traction.) Dual air bags and four-wheel anti-lock disc brakes are standard, as is a V-8 engine that quietly delivers 210 horsepower for passing or towing. The interior is roomy, easily seating five adults, with generous luggage space behind them *(right)*. Integrated child seats are available, and the split rear seats fold down when you want to haul cargo. The Moutaineer goes on sale May 23; anticipated price range is $28,000 to $36,000.

SAFETY OUTLOOK AND CRASH RATINGS

The Mountaineer should be as safe as its Ford sister, the Explorer, because they're similar in design. Explorer earned four-star ratings for driver and passenger protection in the federal head-on crash test program (see chart). Its injury rate in real-life crashes is 40 percent better than the average vehicle, according to the Highway Loss Data Institute.

CRASH TESTS OF 1996 SPORT-UTILITY MODELS			RATINGS
FORD BRONCO 2-DR	4783 LBS	DRIVER	★ ★ ★ ★ ★
		PASSENGER	★ ★ ★ ★ ★
FORD EXPLORER 4-DR	4242 LBS	DRIVER	★ ★ ★ ★
		PASSENGER	★ ★ ★ ★
JEEP CHEROKEE 4-DR	2983 LBS	DRIVER	★ ★ ★ ★
		PASSENGER	★ ★ ★ ★
CHEVROLET TAHOE 4-DR	5276 LBS	DRIVER	★ ★ ★ ★
		PASSENGER	★ ★ ★
LAND ROVER DISCOVERY 4-DR	4486 LBS	DRIVER	★ ★ ★
		PASSENGER	★ ★ ★
CHEVROLET S-10 BLAZER 4-DR	4156 LBS	DRIVER	★ ★ ★
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B.H.&G. kids



creature feature

Bugs are neat. So are frogs, snakes, and other creatures that crawl. Do you know what a bug sounds like? The project on *page 251* will help you find out. Another, on *page 250*, lets you spy on a bug's secret life. Have fun!

by Barbara Hall Palar

continued on page 249

continued from page 247

Finger friends

Create your own cast of characters for a bug-tastic puppet show. You can even make them glow in the dark.



Needed

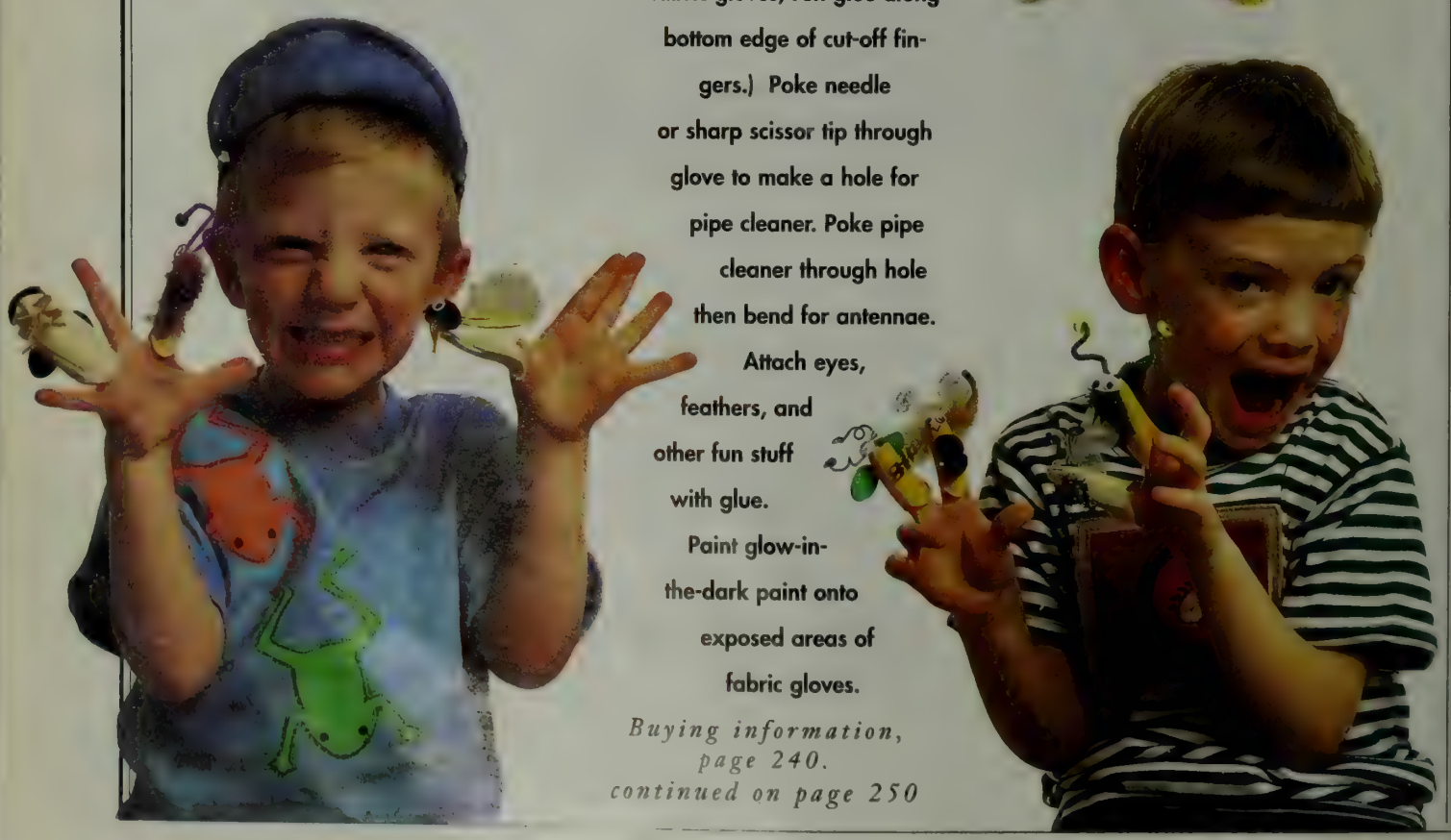
gardening gloves, rubber gloves, glow-in-the-dark paint, pipe cleaners, twist ties, colored wire, paper or fabric scraps, fun foam, feathers, pompoms, googly eyes, sequins, beads, netting

Assemble

Cut fingers from gloves. (To prevent raveling on fabric gloves, run glue along bottom edge of cut-off fingers.) Poke needle or sharp scissor tip through glove to make a hole for pipe cleaner. Poke pipe cleaner through hole then bend for antennae. Attach eyes, feathers, and other fun stuff with glue. Paint glow-in-the-dark paint onto exposed areas of fabric gloves.

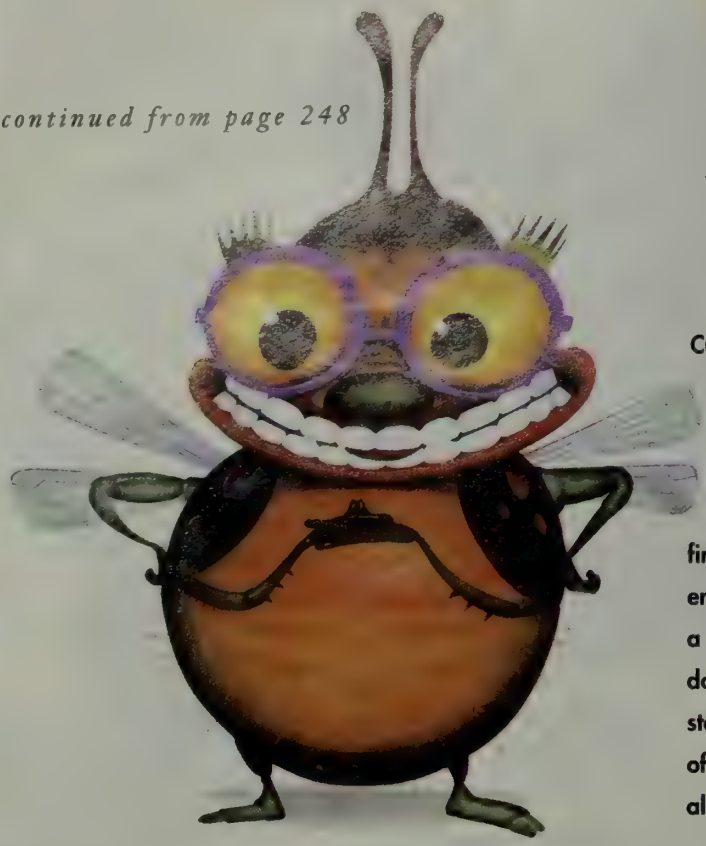
Buying information, page 240.

continued on page 250




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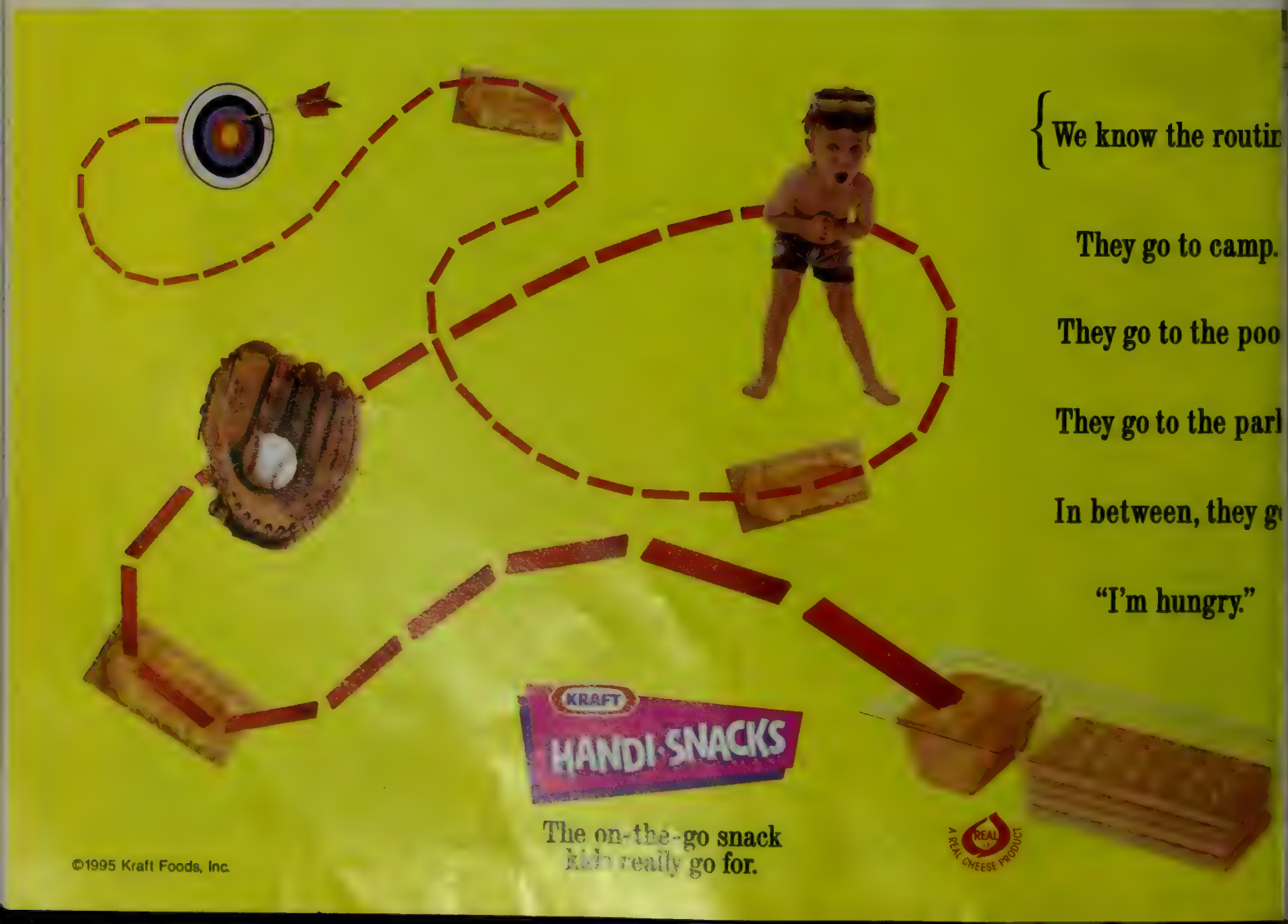
continued from page 248



Here's lookin' at you, bug!

Mom's pantyhose and a milk carton are all you need to make a bug observatory.

Cut openings, approximately 6×3 inches, on two opposite sides of a half-gallon-size cardboard milk carton. Put soil, grass, leaves, twigs, or stones on the bottom of the carton to make it as much like an insect's natural environment as possible. Stretch one leg of a pair of old pantyhose (check with Mom first) over the bottom of the milk carton. Pull it up so it covers the entire carton. Tie the stocking in a loose knot at the top, or tie with a twist tie. When you catch an insect, untie the stocking, stretch it down to the opening and gently place the insect inside. Knot the stocking and observe your catch. The stocking covering lets lots of air and light inside. Remember to return the insect to its natural habitat when you're done observing.



Preserve a spider web

Capture one of nature's most intricate creations.

Next time you're outside, locate a spider web. Look for webs with no spiders nearby and no insects caught in them. It's a good idea to return to the web for several days in a row to make sure it's not being used.

When you have found a web that you want to keep, collect your supplies: newspapers, scissors, a piece of dark construction paper, and a bottle of non-aerosol hairspray. Cover the ground under the web with newspapers so the hairspray doesn't harm anything nearby. Next, gently and lightly spray the spider web with hairspray on both sides. Touch the middle of the dark-colored paper to the center of the web. Because the web is wet with hairspray, it will stick to the paper. The web will probably be attached to something at the corners. Gently pull the web loose and let it fall onto the paper. You may need to cut it loose at the corners with scissors. After the web is on the paper, spray the web with another light coat of hairspray and set the paper aside to dry. Examine the intricate workmanship and the delicate beauty of the web.



Bugs in stereo

Amplify an insect's song.

It's easy to make bugs look bigger with a magnifying glass, but how do you hear the noises that insects make? Here's a quick and fun way to amplify insect sounds using three ordinary items: a paper cup, a piece of waxed paper, and a rubber band. Trap any bug you choose in a paper cup. Slide a piece of waxed paper over the top of the cup, and secure it with a rubber band. Hold the waxed-paper side of the cup to your ear and listen to the flying, flapping, jumping, and buzzing of your bug. Release the bug, then catch another to compare their sounds.

continued on page 253




No caffeine. No alcohol. No sushi. When you're a pregnant or nursing mother, there are lots of nos. But there is one big yes. Milk. And there's practically nothing your body needs more right now than all that calcium. Except sleep, but let's be realistic.
MILK
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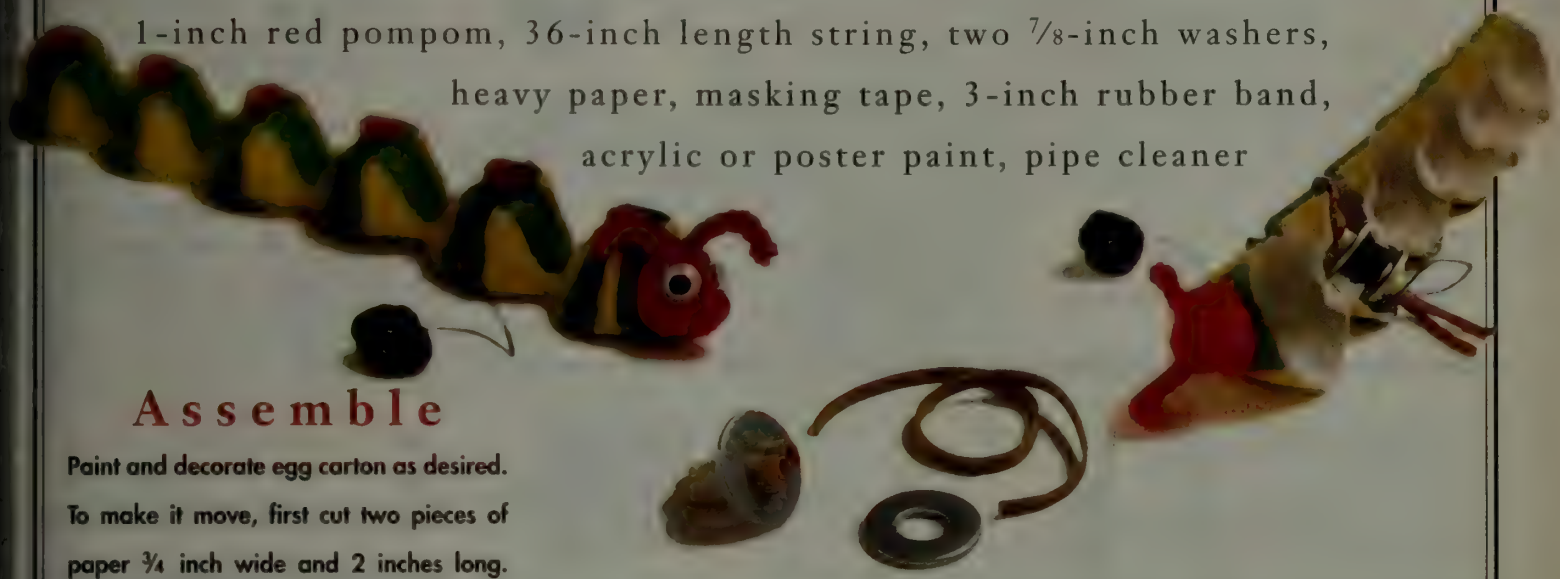
BH&G kids

continued from page 251

Make a caterpillar that moves!

Needed

egg carton, cut in half vertically; 2 googly eyes, 1-inch red pompom, 36-inch length string, two 7/8-inch washers, heavy paper, masking tape, 3-inch rubber band, acrylic or poster paint, pipe cleaner



Assemble

Paint and decorate egg carton as desired. To make it move, first cut two pieces of paper ¾ inch wide and 2 inches long. Roll them into tubes with a hole of approximately ⅛ inch in diameter. Tape two rolls together. Add a washer to each end. To attach cylinder to caterpillar body, cut rubber band in half. Make 2 holes in side of caterpillar, each ⅜ inch. Thread one end of the rubber band through one of the holes in the caterpillar. Thread each end of the rubber band down one of the paper tubes. Thread one end of the rubber band through the hole in the other side of the caterpillar; knot with the other end. Place one end of string in center of your cylinder; glue to hold in place. Wrap the string onto the cylinder, leaving a few inches hanging out. Make another hole in top of caterpillar. Pull loose end of string through hole at top of body. Add a stick or pompom for a handle. To make it go, hold caterpillar on a table or floor, facing you, with one hand. Pull the string with your other hand, then let it go.

CRAFT BARBARA VASKE



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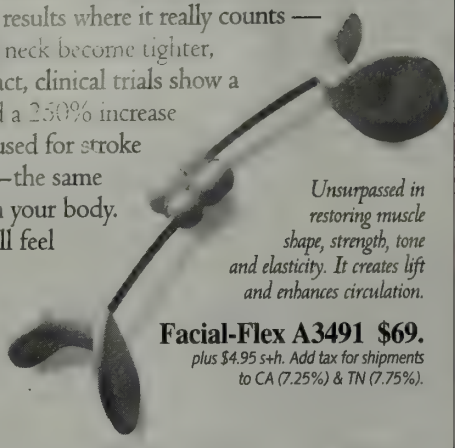




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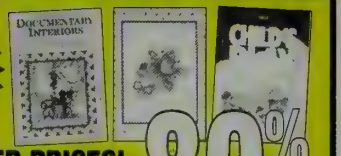
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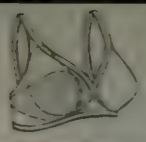


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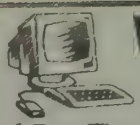
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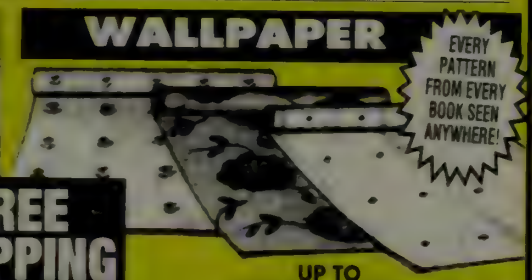
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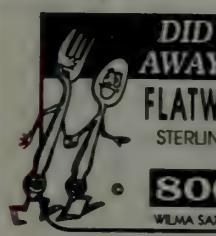
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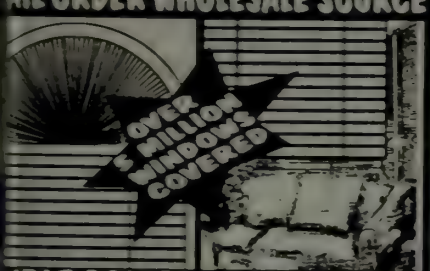


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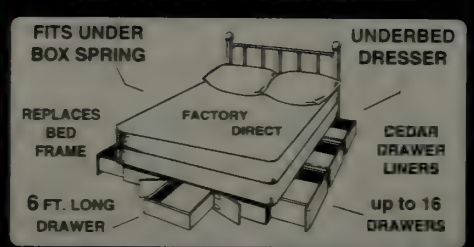
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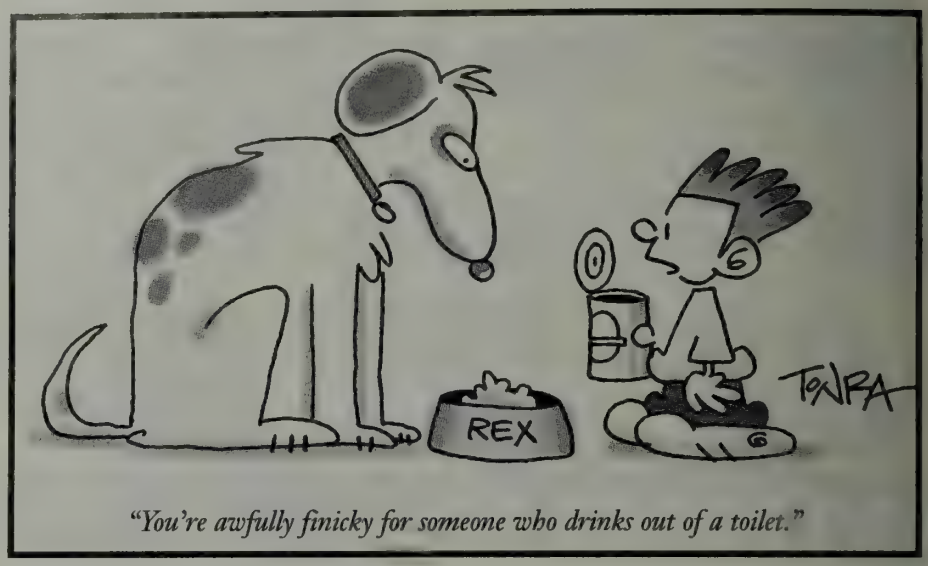
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Most students determine the success of the school year by their final grades, but not our 10-year-old Judy. She's convinced that a more reliable barometer is how many of her projects end up hanging on my office wall.

One thing that Ned Carter declares he'll never understand is why a $2 tool that comes with a "free-replacement" guarantee is usually accompanied with instructions requiring a $4 shipping and handling fee.

Christine looks forward to June weekends as a time to get necessary chores done around the house. The toughest part: preventing the hired help from calling in sick.

Driving his new car would be just like sitting in a cockpit, declares Lee Bayless, if it weren't for the highway patrol officer always hanging around ready to bring him back down to earth.



"Let me get this straight. You spent $35 at the garden store, and all you bought was dirt?"

Newly married David Albrecht was quick to note that while the appliances he and his wife received as wedding gifts came with instructions and a one-year warranty, the marriage did not.

One of the greatest things about going to the dentist, reports Burt Jr., is that it's the one place where he's ordered to keep his mouth open, not shut.

Elaine Cowan confides that she feels especially safe at hotels that use cards to enter rooms instead of keys, saying she often has a tough time getting into her own room even though she is *supposed* to be there.

Dale Goebel's "satisfaction guaranteed" policy at his hardware store includes the following provision: Customers can ask him for solutions to home-improvement fiascoes, and he promises not to laugh.

Mechanic Phil Merritt doesn't place much faith in customer surveys, saying the folks who frequent [illegible] usually let him know whether they're satisfied by the time they've driven around the block.

~Christine and I were curious about how Burt Jr. would react to the new "virtual reality" arcade that opened in a nearby strip mall. Complete with flashing lights, multiple video images, and piercing sounds, it's computer-driven machines let kids fight imaginary battles or race cars on a dirt track—all for just a few quarters.

But time and money quickly add up, and Chris and I were concerned that the thrills and tests of skill might invade the hours of the day our son reads or plays with friends.

We needn't have worried. When we returned home from running errands last weekend, Burt Jr. was plopped in front of the television watching a video I made of America's latest space shuttle linking with the Russian space station.

"I thought you were going to be down at the arcade?" I asked during a break in the action.

"Oh, Dad, that stuff is for kids," he said. "I already know all the games." Then he pointed to the astronauts on the television. "Now that's a real challenge!"

Burton Hillis

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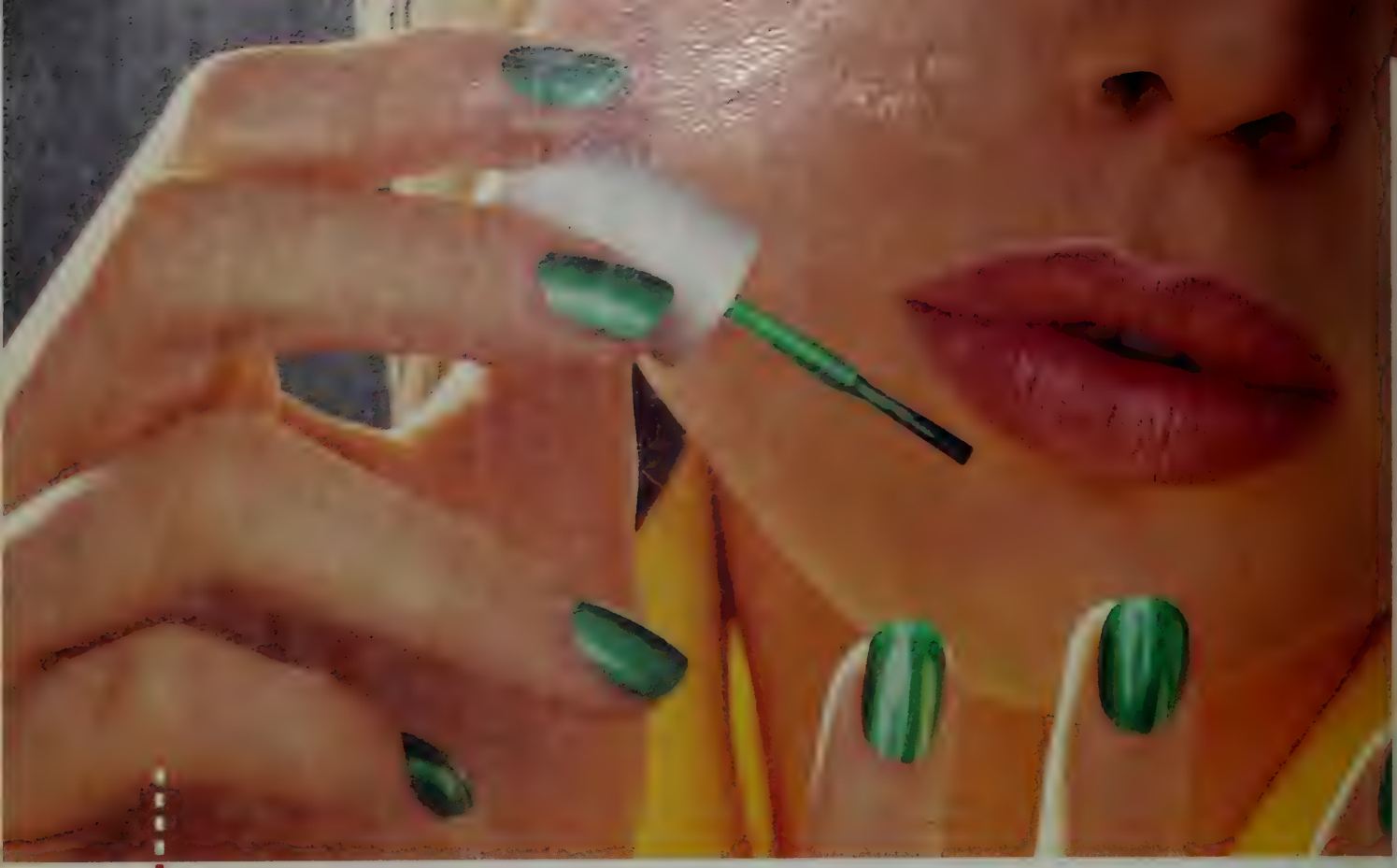


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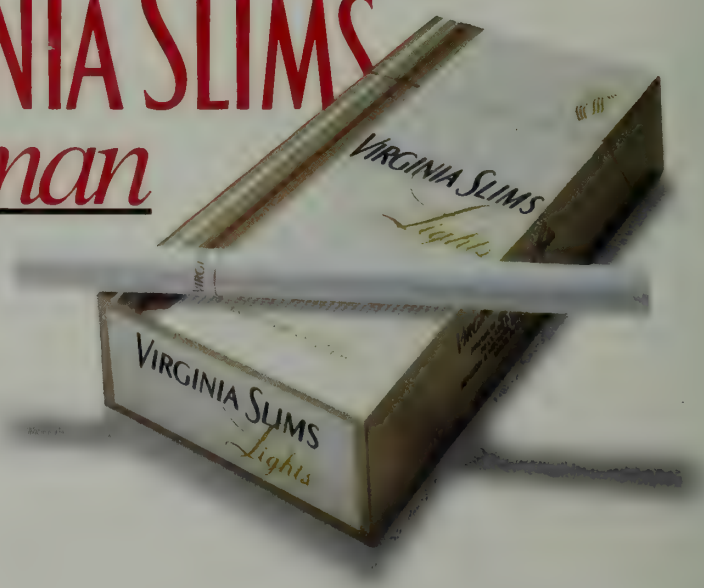
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